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Prevention

December 2015



Delicious ways to EAT CLEAN!

p. 47

OMG! Ridiculously tasty, low-sugar treats, p. 114

26 BREAKTHROUGH HEALTH CURES!

LEAN & STRONG AT 40+

GET 44% MORE CALM

SPECIAL REPORT

Make Diabetes *Vanish* p. 102


"When I found out their pet food had corn gluten meal,
I switched them to BLUE."
©2015 Blue Buffalo Co., Ltd.

When pet parents learn about some of the ingredients in their pet food, they switch to Blue Buffalo. **Every one of our BLUE pet food recipes features real chicken or fish** and contains only the highest quality ingredients. We don't use corn gluten meal because that's not something we want to feed a family member.

All BLUE pet food formulas:

- ✓ ALWAYS feature real meat
- ✓ ALWAYS include veggies and fruit
- ✓ ALWAYS include antioxidant-rich LifeSource® Bits
- ✓ DON'T have chicken (or poultry) by-product meals
- ✓ DON'T have artificial colors, flavors or preservatives
- ✓ DON'T have corn, wheat or soy

And your pet can enjoy all of this naturally healthy goodness for only pennies a day more.

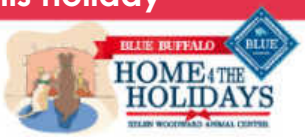


Compare your pet's food to BLUE at

BlueBuffalo.com

Open your heart & home this holiday

Adopt a pet near you at
home4theholidays.org/locations



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AARP members
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Meet with one of our in-store experts and learn about how, for a limited time, when you switch to AT&T you'll get ***$300 in credits*** when you buy a smartphone on AT&T Next℠ and trade in a smartphone.*

And you'll get a ***10% service discount***** on qualified wireless plans.

Bring your AARP membership card to an **AT&T store near you.**

***Req's porting number, elig. svc & trade-in. $300 credit = $100 bill credit (w/in 90 days) + $200 phone trade-in credit (may be promo card).**

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LINDA PUGLIESE

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On our cover: Photograph by Linda Pugliese; food styling by Khalil Hymore; prop styling by Carla Gonzalez-Hart

KATE WARREN



Watch your figure.

49 PISTACHIOS

- 160 calories
- 6 grams protein
- 3 grams fiber



Watch your backside.

13 FLAVORED TORTILLA CHIPS

- 160 calories
- 2 grams protein
- 1 gram fiber

Let's do some snackin' math. For the same calories, you get a lot more pistachios than flavored tortilla chips. Plus, pistachios are a good source of protein and fiber, and heart-friendly. And, a recent Harvard study suggests eating nuts seven times a week or more is as healthy as it is smart. So next time you grab a snack, use your brains. Your backside will thank you for it.



Get Crackin'

Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as pistachios, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. See nutrition information for fat content. © 2015 Wonderful Pistachios & Almonds LLC. All Rights Reserved. WONDERFUL, GET CRACKIN', the Package Design and accompanying logos are registered trademarks of Wonderful Pistachios & Almonds LLC or its affiliates. WP14190

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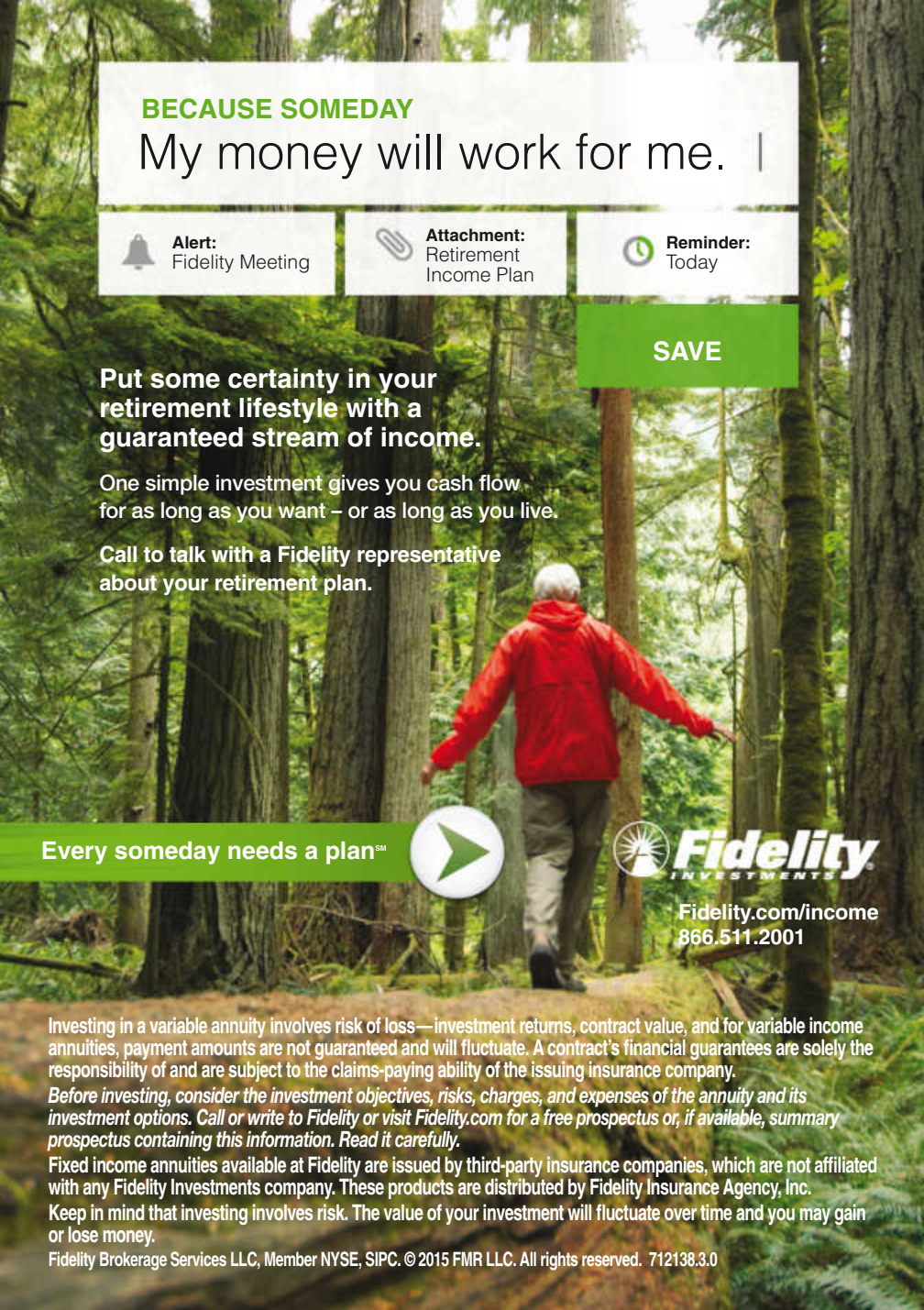
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FUN, SMART THINGS WE ALL LEARNED THIS MONTH—AND HOW TO ACT ON THEM RIGHT NOW



BRUCE KELLEY
EDITOR-IN-CHIEF

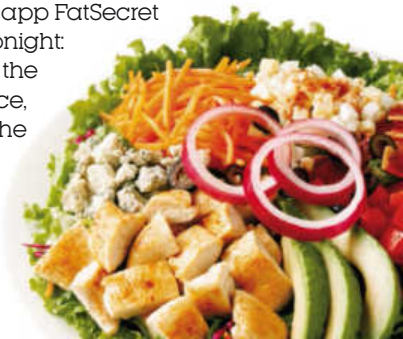


Bury Your Hatchets, Fight Your Blues

Commonsense finding of the month that I needed to be reminded of: Letting resentment brew and stew is depressing. Literally. I usually stifle my childlike blaming (except with the love of my life—I'm sorry, honey, I'm sorry), but I admit that's my go-to reaction inside when things don't go perfectly for me. Now a study in *Aging & Mental Health* confirms that those who practice forgiveness end up with better mental health. The researchers looked at older men and women but believe that anyone can benefit. **TRY IT NOW:** The best part is you don't have to tell the object of your anger, petty or otherwise, you've made amends. Just (poof!) let bygones be bygones.

FROM TOP: MITCH MANDEL. JOVO JOVANOVIC/STOCKSY. JOHN E. KELLY/GETTY IMAGES

28 **Grams of carbs** that the excellent app FatSecret and I counted in my Cobb salad tonight: 10 in the tomatoes and carrots, 6 in the avocado, and about 12 in the lettuce, onion, blue cheese, and dressing. **TRY IT NOW:** The app helps with the carb counting I do to control my type 1 diabetes but can also provide transparency about calories and fat.





MOMS DON'T TAKE SICK DAYS.



MOMS TAKE

THE NON-DROWSY, COUGHING, ACHING, FEVER, SORE THROAT, STUFFY HEAD, CHEST CONGESTION, **NO SICK DAYS, MEDICINE.**

THE NIGHTTIME, SNIFFLING, SNEEZING, COUGHING, ACHING, FEVER, STUFFY HEAD, **BEST SLEEP WITH A COLD, MEDICINE.**

VICKS

Use as directed. Read each label.
Keep out of reach of children.
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Gifts to Give (And Get)

You know a gift is good when you want it for yourself. Just ask our editors (they're pining for these three). Check out these and more at our online store: *shop.prevention.com*.



"These are the perfect arm candy for my stylish friends."
—Siobhan DeRemer, Copy Editor

Bangle Crazy

Bullfinch & Barbury Handcrafted Bangles Set ($88 for 7)





J.R.Liggett's Shampoo Bar ($7.50)

Lather, Rinse, Repeat!



"I know what you're thinking: bar shampoo? But it actually works! Throw it in a gym bag or carry-on (no spills). It's my top stocking stuffer."
—Olessa Pindak, Executive Editor

"Soft and silky, this scarf was love at first touch. In three fun prints, it's a staple on my gift list."
—Amy Beal, Deputy Editor

Get Cozy



Black Hills Wrap Scarf ($36)

PRODUCTS COUNTERCLOCKWISE FROM TOP: MITCH MANDEL (2). MATT RAINEY


Aveeno
ACTIVE NATURALS
Naturally Beautiful Results*
It's a simple equation.
Healthy skin equals beautiful skin.
AVEENO® Daily Moisturizing Lotion and Body Wash give your skin 2X the nourishment* when used together. The exclusive ACTIVE NATURALS® Oat formula delivers healthy-looking skin in just one day. What a beautiful difference.
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DAILY MOISTURIZING
body wash
Aveeno
daily moisturizing
lotion
*twice the nourishing oat © Johnson & Johnson Consumer Companies, Inc. 2015

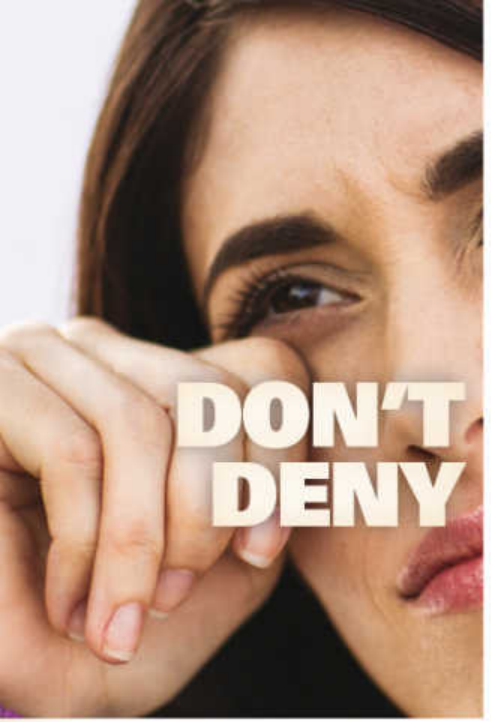


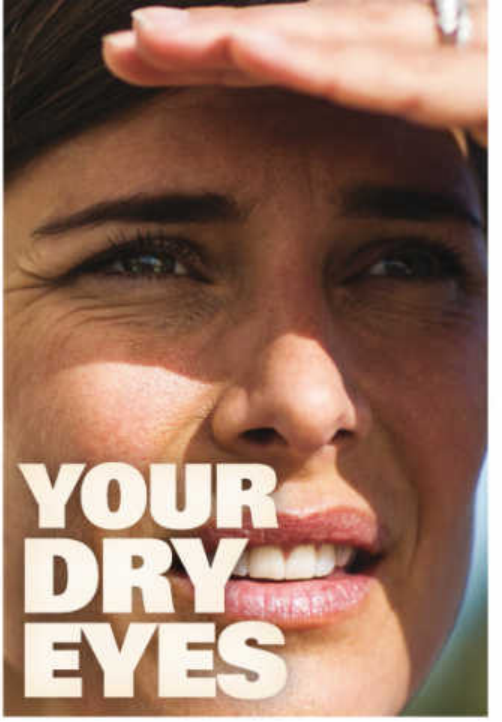
At the Top of Your Game

When Steve Jobs unveiled the iPad, people wondered how they'd use it; now 53-year-old former ballerina Sabina Allemann can plot her ascent up a cliff in the Blue Mountains of Australia. Using her agility (and downloaded guides), she's climbed to spots she couldn't imagine. "I love that you've got to do something physical to get somewhere," she says. "And it's an amazing feeling of achievement at the top." You know what she's talking about. Now turn to "26 Breakthroughs That Will Change Your Life Now," on p. 80, to find your next climb.



ANDREW PEACOCK/FOOTLOOSEFOTOGRAPHY.COM/TANDEM





It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease:**

- **Dryness/itching**
- **Burning/stinging**
- **Feeling like something is in your eye**
- **Sensitivity to light**
- **Blurry vision**
- **Problems wearing contact lenses**
- **Watering eyes**

Chronic Dry Eye can limit your ability to perform daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.





TAKE ACTION NOW

- **SCHEDULE** a medical exam with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.
- **GO TO mydryeyes.com, TAKE** a brief questionnaire eye doctors use to assess Chronic Dry Eye, and **SHOW** the results to your eye doctor.

ALLERGAN

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PHOTOGRAPH BY PHILIP FICKS; FOOD STYLING BY KHALIL HYMORE; PROP STYLING BY CARLA GONZALEZ-HART

A Little Spice Is a Lifesaver

Turns out your body digs heat: People who eat spicy foods every day could have a 14% lower risk of premature death, per research in *BMJ*. Even those who ate hot stuff only once or twice a week saw their risk drop by 10%. Bioactive ingredients like capsaicin in spicy foods may fight everything from cancer to inflammation, says study coauthor Jun Lv, an associate professor at China's Peking University Health Science Center. If you can take it, go fresh: Raw chile peppers offer more protection against cancer and diabetes deaths than oil or sauce does.



HICCUPS?

They're usually totally harmless, but in some women they're actually a sign of stroke. Entirely unexpected, we know: Just 10% of women polled by Ohio State University's Wexner Medical Center knew hiccups are one of a handful of stroke symptoms more often seen in women. Others: chest pain, whole-body numbness, and headaches. Unlike FAST (quick refresher: *Face drooping, Arm weakness, Speech difficulty, Time to call 911*), there's no handy acronym—yet—for these female-specific signs, which seem linked to a type of stroke common among women that occurs in the back of the brain rather than the top.

Source: Diana Greene-Chandos, director of neuroscience critical care at Wexner Medical Center

Stop Making These First-Aid Mistakes

Banish these blunders from your treatment repertoire—for safety's sake!



OUT Cleaning cuts with antiseptics, which can harm healthy skin

IN Running water. Flush out the cut under the tap.



OUT Popping acetaminophen with abandon

IN Check all drugs (cold meds, pain relief, etc.) for acetaminophen content; 4,000+ mg daily can be deadly.



OUT Tilting your head back to stop a nosebleed

IN Keep your head upright. Pinch both nostrils shut with your thumb and index finger.

Source: Michael VanRooyen, MD, professor of emergency medicine at Harvard Medical School

CLOCKWISE FROM TOP LEFT: NEUSTOCKIMAGES/GETTY IMAGES. ILLUSTRATION BY JESSICA KUSUMA. BIRCHTREE/ALAMY. PHOTO INC./GETTY IMAGES. SUBJEG/ISTOCK

The Bed Loved by Sore Achy Backs



Frustrated by the Quality of Your Sleep?
Do you toss and turn at night? Can't seem to find a comfortable position? Does your back ache when you awake? These are signs that your mattress may not be supporting you properly, robbing you of the sleep you need.

Perfect Combination of Comfort and Support
Whether you prefer supreme softness or conforming comfort layers, the SLEEP NUMBER® bed adjusts to you, for a truly individualized sleep experience. At the simple touch of a button, DualAir™ technology allows you to find ideal comfort and support with exceptional pressure relief on each side—your SLEEP NUMBER® setting.

Proven Back-Pain Relief
It's the bed clinically proven to relieve back pain and improve sleep quality.* Clinical studies show an amazing 93% of participants reported back-pain relief while 90% said other aches and pains were reduced.†

- 93% experienced back-pain relief †
- 89% reported improved sleep quality
- 77% found increased energy

Know. Adjust. Sleep.
Now, with optional SleepIQ® technology, you have the knowledge to adjust for your best sleep. Using sensors inside the *Sleep Number* bed, SleepIQ® technology tracks your sleep and provides you with information that empowers you to achieve your best possible sleep, night after night. There's nothing to wear, nothing to turn on. All you have to do is sleep.



Sleep Number® beds track and optimize your sleep with optional SleepIQ® technology

25 YEAR‡ LIMITED WARRANTY
The *Sleep Number* bed is so durable, it's backed by a 25-year limited warranty.

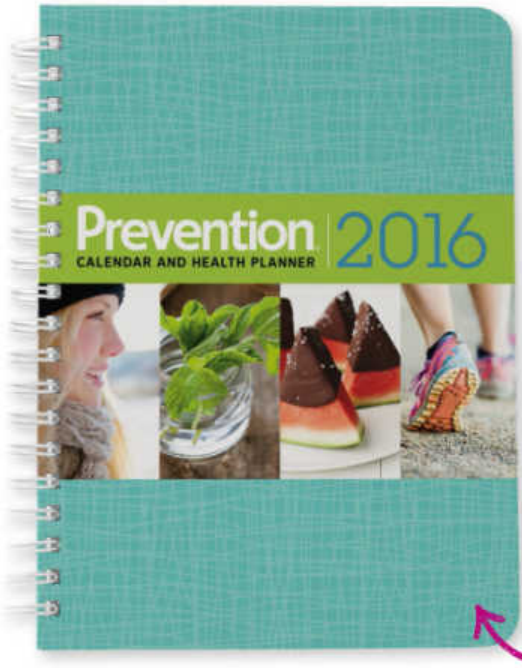
100 NIGHT§ TRIAL
So you both have the time to get completely comfortable in your new bed.

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know better sleep®

*For a summary of clinical studies and their results, visit sleepnumber.com. Find the technology used in the clinical studies in Sleep Number® c2, p5, p6, i8 and i10 mattresses. †From clinical studies conducted for Sleep Number by the Sister Kenny Institute at Abbott Northwestern Hospital and the Physical Therapy at The Marsh Health Center in conjunction with The Sleep Fitness Center. ‡2-year limited warranty on SleepIQ® technology. Warranties available at sleepnumber.com. §The 100-Night trial begins the day your new Sleep Number® bed arrives in your home. If not satisfied, call within 100 days of delivery to authorize return. We'll reimburse the purchase price less your initial shipping or Home Delivery and Setup fees. You pay return shipping. There are no returns or exchanges on Upholstered Collection, adjustable bases, closeout, factory outlet or demo bed models. See Sales Associate or sleepnumber.com for current details. SLEEP NUMBER, SELECT COMFORT, SLEEPIQ and the Double Arrow Design are registered trademarks of Select Comfort Corporation. ©2015 Select Comfort Corporation

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Learn how to naturally boost your mood—and keep track of your progress.



Spring-clean with recipes for our favorite smoothies.

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Visit *shop.prevention.com* to buy.

Get started with the *Prevention* planner, packed with exercise routines, recipes, beauty tips, and health advice to inspire you—or someone you love—every step of the way.

IS IT TRUE THAT...

Taking big doses of vitamins could be bad for me?





IT CAN BE TRICKY to get a full range of nutrients from the typical (read: lackluster) American diet, but there are problems with an overzealous OTC fix. It's definitely not true in the case of some vitamins that if some is good, more must be better. Vitamins A, B_9, and E have been linked to cancer in daily doses higher than 3,000 IU, 1 mg, and 1,000 IU, respectively. The exception: People with deficiencies may need megadoses per a doctor's recommendation. Generally, try to get your daily doses from a balanced diet.

DR. JENNIFER ASHTON, an ob-gyn, is cohost of *The Doctors.* (Find local listings at *thedoctorstv.com.*) Come see her and other health-thought leaders speaking live at *Prevention*'s R3 Summit in Austin, TX, Jan. 15–16. Get tickets now at *preventionr3summit.com.*

95% **That's the proportion of supercentenarians—people who live longer than 110 years—who are women.** We may benefit from having more stem cells, the "raw material" cells that can both renew themselves and form other, specialized cells. Stem cells also seem to regenerate faster in women—potentially good news for longevity. Thanks, X chromosomes!
Sources: Cell Stem Cell; *Mayo Clinic*



CLOCKWISE FROM TOP LEFT: PETER DAZELEY/GETTY IMAGES. ASHTON ILLUSTRATION BY LAUREN NASSEF. CUPCAKE: SUBJUG/GETTY IMAGES. ILLUSTRATION BY JESSICA KUSUMA



Prolia® is for women with postmenopausal osteoporosis at high risk for fracture.

Prolia® is a prescription medicine used to treat osteoporosis in women after menopause who:

- **are at high risk for fracture, meaning women who have had a fracture related to osteoporosis, or who have multiple risk factors for fracture**
- **cannot use another osteoporosis medicine or other osteoporosis medicines did not work well**

Important Safety Information

Do not take Prolia® if you: have low blood calcium; or are pregnant or plan to become pregnant, as Prolia® may harm your unborn baby; or are allergic to denosumab or any ingredients in Prolia®.

What is the most important information I should know about Prolia®?

If you receive Prolia®, you should not receive XGEVA®. Prolia® contains the same medicine as XGEVA® (denosumab).

Prolia® can cause serious side effects:
Serious allergic reactions have happened in people who take Prolia®. Call your doctor or go to your nearest emergency room right away if you have any symptoms of a serious allergic reaction, including low blood pressure (hypotension); trouble breathing; throat tightness; swelling of your face, lips, or tongue; rash; itching; or hives.

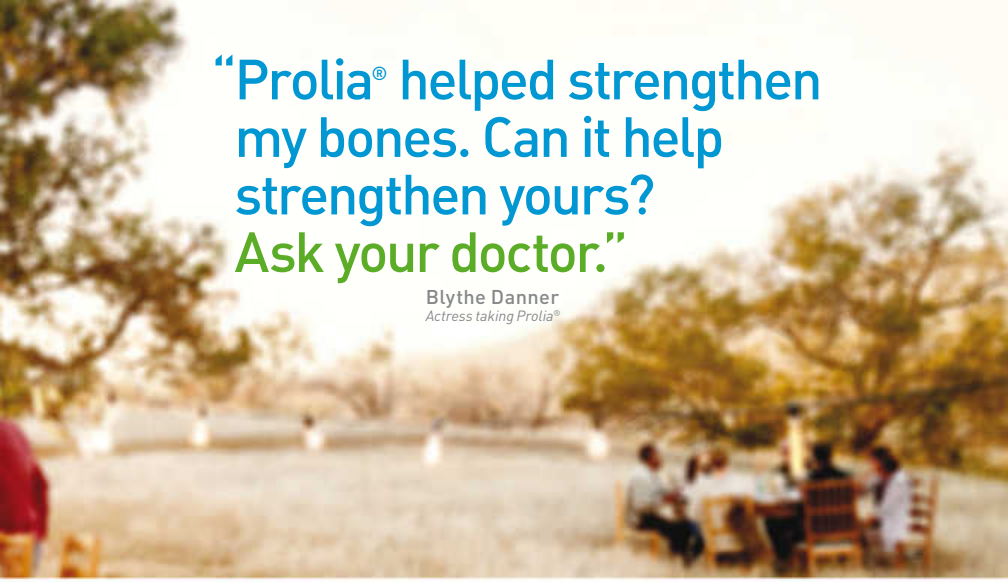
Low blood calcium (hypocalcemia). Prolia® may lower the calcium levels in your blood. If you have low blood calcium, it may get worse during treatment. Your low blood calcium must be treated before you receive Prolia®.

Take calcium and vitamin D as your doctor tells you to help prevent low blood calcium.

Severe jaw bone problems (osteonecrosis) may occur. Your doctor should examine your mouth before you start Prolia® and may tell you to see your dentist. It is important for you to practice good mouth care during treatment with Prolia®.

Unusual thigh bone fractures. Some people have developed unusual fractures in their thigh bone. Symptoms of a fracture include new or unusual pain in your hip, groin, or thigh.

Serious infections in your skin, lower stomach area (abdomen), bladder, or ear may happen. Inflammation of the inner lining of the heart (endocarditis) due to an infection may also



It's proven to help strengthen bones and help increase bone density with 2 shots a year.

happen more often in people who take Prolia®. You may need to go to the hospital for treatment.

Prolia® is a medicine that may affect the ability of your body to fight infections. People who have weakened immune systems or take medicines that affect the immune system may have an increased risk for developing serious infections.

Skin problems such as inflammation of your skin (dermatitis), rash, and eczema have been reported.

Bone, joint, or muscle pain. Some people who take Prolia® develop severe bone, joint, or muscle pain.

Before taking Prolia®, tell your doctor if you:

- Take the medicine XGEVA® (denosumab)
- Have low blood calcium
- Cannot take daily calcium and vitamin D
- Had parathyroid or thyroid surgery (glands located in your neck)
- Have been told you have trouble absorbing minerals in your stomach or intestines (malabsorption syndrome)
- Have kidney problems or are on kidney dialysis
- Plan to have dental surgery or teeth removed
- Are pregnant or plan to become pregnant
- Are breast-feeding or plan to breast-feed

What are the possible side effects of Prolia®?
It is not known if the use of Prolia® over a long period of time may cause slow healing of broken bones. The most common side effects of Prolia® are back pain, pain in your arms and legs, high cholesterol, muscle pain, and bladder infection.

These are not all the possible side effects of Prolia®. For more information, ask your doctor or pharmacist. Call your doctor for medical advice about side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Brief Summary of Medication Guide on next page.

To learn more, visit prolia.com.

prolia® (denosumab) injection

2 shots a year proven to help strengthen bones.

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BRIEF SUMMARY OF MEDICATION GUIDE

Prolia® (PRÓ-lee-a) *(denosumab)* Injection

Read the Medication Guide that comes with Prolia before you start taking it and each time you get a refill. There may be new information. The Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. Talk to your doctor if you have any questions about Prolia.

What is the most important information I should know about Prolia?

If you receive Prolia, you should not receive XGEVA®. Prolia contains the same medicine as Xgeva (denosumab).

Prolia can cause serious side effects including:

- **Serious allergic reactions.**
 Serious allergic reactions have happened in people who take Prolia. Call your doctor or go to your nearest emergency room right away if you have any symptoms of a serious allergic reaction. Symptoms of a serious allergic reaction may include:
 - low blood pressure (hypotension)
 - trouble breathing
 - throat tightness
 - swelling of your face, lips, or tongue
 - rash
 - itching
 - hives
- **Low calcium levels in your blood (hypocalcemia).**
 Prolia may lower the calcium levels in your blood. If you have low blood calcium before you start receiving Prolia, it may get worse during treatment. Your low blood calcium must be treated before you receive Prolia. Most people with low blood calcium levels do not have symptoms, but some people may have symptoms. Call your doctor right away if you have symptoms of low blood calcium such as:
 - Spasms, twitches, or cramps in your muscles
 - Numbness or tingling in your fingers, toes, or around your mouth

 Your doctor may prescribe calcium and vitamin D to help prevent low calcium levels in your blood while you take Prolia. Take calcium and vitamin D as your doctor tells you to.
- **Severe jaw bone problems (osteonecrosis).**
 Severe jaw bone problems may happen when you take Prolia. Your doctor should examine your mouth before you start Prolia. Your doctor may tell you to see your dentist before you start Prolia. It is important for you to practice good mouth care during treatment with Prolia. Ask your doctor or dentist about good mouth care if you have any questions.
- **Unusual thigh bone fractures.**
 Some people have developed unusual fractures in their thigh bone. Symptoms of a fracture include new or unusual pain in your hip, groin, or thigh.
- **Serious infections.**
 Serious infections in your skin, lower stomach area (abdomen), bladder, or ear may happen if you take Prolia. Inflammation of the inner lining of the heart (endocarditis) due to an infection also may happen more often in people who take Prolia. You may need to go to the hospital for treatment if you develop an infection.

 Prolia is a medicine that may affect the ability of your body to fight infections. People who have weakened immune system or take medicines that affect the immune system may have an increased risk for developing serious infections.
 Call your doctor right away if you have any of the following symptoms of infection:
 - Fever or chills
 - Skin that looks red or swollen and is hot or tender to touch
 - Fever, shortness of breath, cough that will not go away
 - Severe abdominal pain
 - Frequent or urgent need to urinate or burning feeling when you urinate

- **Skin problems.**
 Skin problems such as inflammation of your skin (dermatitis), rash, and eczema may happen if you take Prolia. Call your doctor if you have any of the following symptoms of skin problems that do not go away or get worse:
 - Redness
 - Itching
 - Small bumps or patches (rash)
 - Your skin is dry or feels like leather
 - Blisters that ooze or become crusty
 - Skin peeling
- **Bone, joint, or muscle pain.**
 Some people who take Prolia develop severe bone, joint, or muscle pain.

Call your doctor right away if you have any of these side effects.

What is Prolia?
Prolia is a prescription medicine used to:

- Treat osteoporosis (thinning and weakening of bone) in women after menopause ("change of life") who:
 - are at high risk for fracture (broken bone).
 - cannot use another osteoporosis medicine or other osteoporosis medicines did not work well.

It is not known if Prolia is safe and effective in children.

Who should not take Prolia?
Do not take Prolia if you:
- have been told by your doctor that your blood calcium level is too low.
- are pregnant or plan to become pregnant.
- are allergic to denosumab or any of the ingredients in Prolia. See the end of this leaflet for a complete list of ingredients in Prolia.

What should I tell my doctor before taking Prolia?
Before taking Prolia, tell your doctor if you:
- Are taking a medicine called Xgeva (denosumab). Xgeva contains the same medicine as Prolia.
- Have low blood calcium.
- Cannot take daily calcium and vitamin D.
- Had parathyroid or thyroid surgery (glands located in your neck).
- Have been told you have trouble absorbing minerals in your stomach or intestines (malabsorption syndrome).
- Have kidney problems or are on kidney dialysis.
- Plan to have dental surgery or teeth removed.
- Are pregnant or plan to become pregnant. Prolia may harm your unborn baby. Tell your doctor right away if you become pregnant while taking Prolia.
 - **Pregnancy Surveillance Program:** Prolia is not intended for use in pregnant women. If you become pregnant while taking Prolia, talk to your doctor about enrolling in Amgen's Pregnancy Surveillance Program or call 1-800-772-6436 (1-800-77-AMGEN). The purpose of this program is to collect information about women who have become pregnant while taking Prolia.
- Are breastfeeding or plan to breastfeed. It is not known if Prolia passes into your breast milk. You and your doctor should decide if you will take Prolia or breastfeed. You should not do both.

Tell your doctor about all the medicines you take, including prescription and nonprescription drugs, vitamins, and herbal supplements. Know the medicines you take. Keep a list of medicines with you to show to your doctor or pharmacist when you get a new medicine.

How will I receive Prolia?
- Prolia is an injection that will be given to you by a healthcare professional. Prolia is injected under your skin (subcutaneous).
- You will receive Prolia 1 time every 6 months.
- You should take calcium and vitamin D as your doctor tells you to while you receive Prolia.
- If you miss a dose of Prolia, you should receive your injection as soon as you can.
- Take good care of your teeth and gums while you receive Prolia. Brush and floss your teeth regularly.
- Tell your dentist that you are receiving Prolia before you have dental work.

What are the possible side effects of Prolia?
Prolia may cause serious side effects.
- See **"What is the most important information I should know about Prolia?"**
- It is not known if the use of Prolia over a long period of time may cause slow healing of broken bones.

The most common side effects of Prolia in women who are being treated for osteoporosis after menopause are:
- back pain
- pain in your arms and legs
- high cholesterol
- muscle pain
- bladder infection

Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of Prolia. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Prolia if I need to pick it up from a pharmacy?
- Keep Prolia in a refrigerator at 36°F to 46°F (2°C to 8°C) in the original carton.
- Do not freeze Prolia.
- When you remove Prolia from the refrigerator, Prolia must be kept at room temperature [up to 77°F (25°C)] in the original carton and must be used within 14 days.
- Do not keep Prolia at temperatures above 77°F (25°C). Warm temperatures will affect how Prolia works.
- Do not shake Prolia.
- Keep Prolia in the original carton to protect from light.

Keep Prolia and all medicines out of reach of children.

General information about Prolia
Do not give Prolia to other people even if they have the same symptoms that you have. It may harm them.

The Medication Guide summarizes the most important information about Prolia. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Prolia that is written for health professionals.

For more information, go to www.Prolia.com or call Amgen at 1-800-772-6436.

What are the ingredients in Prolia?
Active ingredient: denosumab
Inactive ingredients: sorbitol, acetate, polysorbate 20 (prefilled syringe only), Water for Injection (USP), and sodium hydroxide

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AMGEN®

8 SECRETS EVERY

RN Knows about Having a Procedure

"Patients sometimes forget that nurses aren't the enemy," says Natalie Gottlieb, a student nurse at George Mason University. "We're actually your advocates." Here, straight from registered nurses' mouths, is how to capitalize on that.

BY ELIZABETH JENKINS ILLUSTRATIONS BY RYAN INZANA



1 We've got all the gossip—take advantage. Just chat with one of us for the scoop. (Or network ahead of time with friends to find their fave nurses on-site.) Then ask us privately about the doctors. We know who has the best bedside manner and whose patients come back most often with complications.

2 Tour the unit in advance. Today nearly two-thirds

INSIDER'S TIP Ensuring everyone cleans their hands is the most effective way to avoid infection in the hospital. When anyone enters your room just say, "Would you please use hand sanitizer?" You're not rude; you're smart.



RADIUS IMAGES/ALAMY

TEST YOUR HOSPITAL-STAY MANNERS

Take this quiz on what's encouraged or verboten by RNs should you have to stay overnight.

→ If I have a gloomy roomie, can I ask to change rooms?

a) Sure. If there's one available, we'll oblige.
b) Sorry, this isn't the Four Seasons.

→ How many visitors can I have at a time?

a) Generally no more than two per room, and zero during shift changes.
b) Unlimited.

→ Can I bring my own pillow, blanket, and PJs?

a) Anything within reason that makes you comfortable is fine.
b) Using our linen and gowns is mandatory.

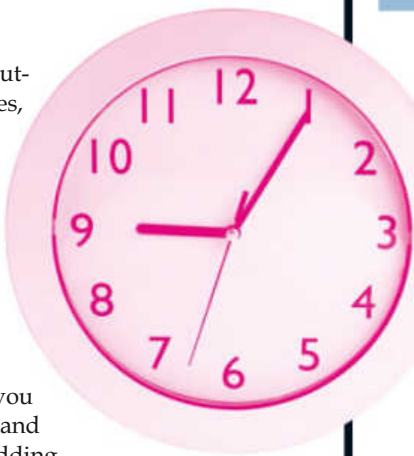
→ Can I refuse a sponge bath?

a) Patients have rights; you can refuse meds, tests, and baths.
b) Clinics and hospitals have hygiene rules, so, sorry, strip down.

→ What thank-yous do nurses appreciate most?

a) Flowers, gift cards, notes...anything personal that's nonfattening.
b) That same box of doughnuts everyone brings us—thank you!

Correct answers: all (a)



of surgeries are outpatient procedures, but either way, consider dropping by. Tell the receptionist you want to see where everything will happen. It'll reduce your fear factor, plus give you a chance to meet and charm us (just kidding, kind of). Some places offer tours of special units and classes or support groups for certain procedures; just ask at the front desk.

3 Schedule your procedure for 7–10 AM. As the day progresses, unavoidable delays add up, and afternoon patients can wait for hours. Since you can't eat before surgery, you'll likely get hangry. Plus, docs, like all of us, are freshest in the morning.

4 If you need an anesthesiologist, get the best. Ask your doctor's RNs for a recommendation in advance and request their pick. Patients often gloss



INSIDER'S TIP *MANY MEDICAL CLINICS ALLOW PETS, SO SPEAK UP (AS IN, ASK FIRST) IF YOU'RE STAYING THE NIGHT AND WOULD LIKE TO SEE YOUR SLOBBERY BFF.*

DAVE KING/GETTY IMAGES

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Coricidin® HBP. POWERFUL COLD MEDICINE WITH A HEART.



S. Epatha Merkerson
Actor and Coricidin® HBP User

American Heart Association | American Stroke Association
life is why™

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over anesthesia, but it's the most important part of any procedure.

5 If you are given a call bell, don't overuse it. If you push that thing every 5 minutes, we start rolling our eyes—and can you blame us? We're taking care of 5 to 10 other people, ya know. Consolidate your requests if possible.

6 Question everything. If we walk up with an unfamiliar pill, ask what it is and why we're dispensing it. Likewise, if medicine is given through an IV, double-check your name and the name of the drug on the bag. We will not be offended. Mistakes happen; make sure one doesn't happen to you.

7 Stay ahead of the pain. Not letting it get out of control is important. If you receive your postprocedure meds every 4 hours, request them at the 3-hour mark to ensure they're delivered on time. Hunger is another form of pain, so stay on top of meal delivery as well. Order before peak kitchen hours.

8 Don't duck out early. Lots of people try, but what they don't realize is that checking out AMA (against medical advice) might make you responsible for the bill. Insurance usually won't cover the cost of the procedure, and you'll leave without any prescriptions.

Our insiders: Teri Dreher, RN, North Shore Patient Advocates; Jen Fox, RN, travel nurse; Natalie Gottlieb, George Mason University; Maria Kita, RN, Allentown, PA

BRING SOMEONE ALONG

It can feel like overkill, but we often see how being with a friend or loved one helps patients better absorb information and ask the right questions. Consider authorizing one to be your advocate by filling out a Designation of Patient Advocate Form upon admission. You could hire an advocate—but know that those paid by the hospital or an insurance company have those interests in mind, too. To find private ones, visit *advoconnection.com*.



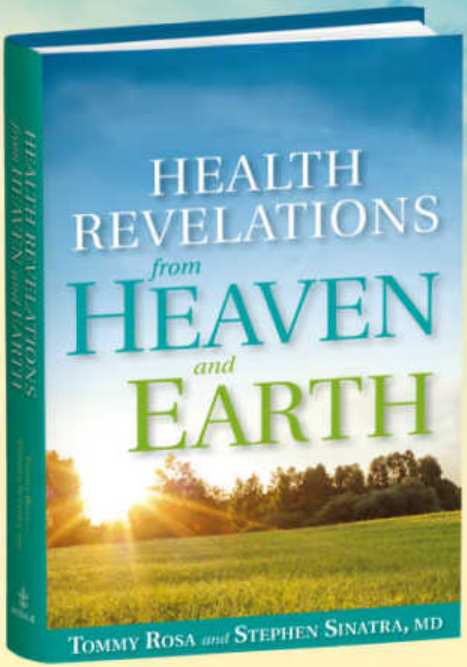
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INSIDER'S TIP *GETTING A STUDENT NURSE SCORES YOU THREE IN ONE, SINCE SHE'LL BE SUPERVISED BY AN RN AND AN INSTRUCTOR, TOO.*

"Health Revelations from Heaven and Earth is mesmerizing. For the first time, the revelations (of Heaven) from a near-death experience have been skillfully used to teach us how to live healthfully in our bodies right here on Earth. I love this book."

—CHRISTIANE NORTHRUP, MD,
author of *Women's Bodies, Women's Wisdom* and *The Wisdom of Menopause*

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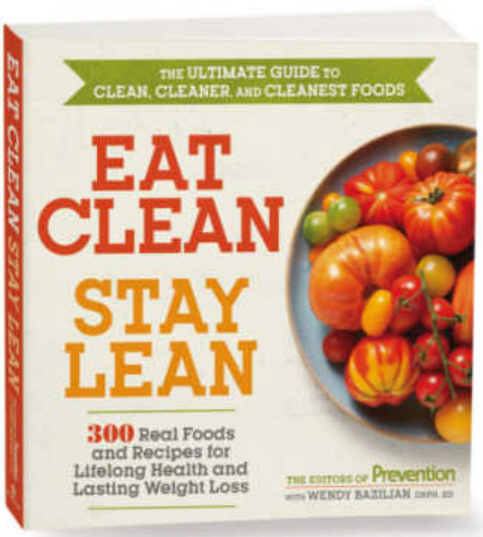
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PROBLEM SOLVED!

Bloating

BY RICHARD LALIBERTE

Your gut feels stuffed, and you look as full as you feel. If it has nothing to do with a Thanksgiving binge, there are several possible culprits, ranging from gas and constipation to bacterial overgrowth and even stress (who knew?). Here's how to burst your own bubble.

Start Here!

WARM LIQUIDS

If you suspect constipation (and hey, you'd probably know).

They'll help intestines keep stool moving. And mixed with fiber, liquids can actually make poop softer, so try chasing high-fiber, easily digestible foods like bananas and oatmeal with warm water or natural gut relaxers like prune juice or chamomile tea. Avoid straws: They cause you to take in air, which can make bloating worse.

10–30%

Proportion of healthy people who frequently feel bloated



MORE MEALS

But smaller.

Sometimes it's just the sheer volume of food taken in that causes bloating. (Fried foods are especially bad because they linger in the stomach.) Eating less more often is the answer. Separate small meals and snacks by 90 minutes to 2 hours, giving food time to move through your system. And jeez, slow your roll: Scarfing food also makes you take in air.

DIANE LABOMBARBE/ISTOCK



SMART PRODUCE

Being selective pays off.

Hard-to-digest carbs called fermentable oligo-, di-, and monosaccharides and polyols (FODMAPs) produce gas as they're digested. Some to watch for: pears, apples, cabbage, garlic, onions, and wheat. Try low-FODMAP eats like bananas, oranges, bell peppers, carrots, bok choy, green beans, and tomatoes.

13 to 21

Number of times the average healthy woman passes gas daily

PROTEIN

Multiple benefits.

High-protein foods don't ferment in the lower GI tract, and they make you feel fuller than carbs. So you eat less, putting less pressure on a bloat-prone gut. Don't get protein from legumes, though: They're on the high-FODMAP list.

MINDFUL BREATHING

Air into the lungs, not the belly.

Taking in excess air through tense, shallow breaths may explain research linking stress and anxiety to bloating. Deep, rhythmic breathing in relaxation exercises, meditation, and yoga can help you take air deep into lungs instead of gulping it into the GI tract.

HASTASIYM/ISTOCK

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LARRY THE CABLE GUY, ACTUAL USER



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ZERO HEARTBURN.*

*It's possible while taking Prilosec OTC. Use as directed for 14 days to treat frequent heartburn. May take 1-4 days for full effect. ^†AlphaImpactRx ProVoice™ Survey, Jan 2005 - Mar 2015. ^^Pharmacy Times Surveys, Acid Reducer/Heartburn Categories 2006 - 2015.

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My lifestyle GAVE ME WRINKLES



Diana is 29 years old and works as a sales assistant in Copenhagen. "I have always loved the outdoors and staying in the sun, even without protection. But unfortunately my skin started to show signs of wrinkles already in my 20's, particularly on my forehead, which frustrated me a lot. So much so, that I chose to get bangs.

I had tried other products from New Nordic so when I noticed they had a skin care tablet, I bought the product right away. The price was surprisingly low compared to other skin products I have at home.

Now, I have used the tablets for 6 months and they really work for me. I am ready to get rid of my bangs and show my forehead again. I don't feel like stopping the tablets because I feel my skin looks better, and healthier. Skin Care will surely be part of my daily skin care routine now."

Diana, Copenhagen

YOUR SKIN TABLET



New Nordic introduces Skin Care™ – a new supplement designed to activate your skin's cells to generate more anti-wrinkle collagen and help your skin stay healthy and youthful looking. The ingredients will better reach the deepest layers of your skin where no anti-aging cosmetic serum reaches.

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PROBIOTICS

Bacterial crowd control.

The balance of studies so far point to probiotics relieving bloating and other IBS symptoms. Specific strains to look for: *Bifidobacterium infantis 35624* (such as in Align) and a combo of strains called VSL3.

A LITTLE EASY EXERCISE

Relief on the move.

Light exercise after eating helps the stomach empty faster and reduces gas. In one study, people who were infused with gas (fun!) cleared their systems faster and were less balloonlike after biking for 5-minute bouts separated by a few minutes of rest. Exercise also helps control bloat culprits like stress and weight gain.

TUMMY MEDS

If life tweaks don't help.

There's a drug for every cause, of course. For gas, try simethicone (Gas-X, Maalox). For constipation, if OTC Miralax doesn't help, look into linaclotide (Linzess) or lubiprostone (Amitiza). For stress, the antidepressant buspirone has been shown to help. For bacterial overgrowth, look left.

ANTIBIOTICS

Blasting bad-guy bugs.

The antibiotic rifaximin (Xifaxan) has been shown to relieve chronic bloating by getting rid of troublesome bacteria in the gut. Your doctor might suggest a 10-day course. Follow treatment with a probiotic and you may prolong its benefits.

TILER84/GETTY IMAGES

Sources: Douglas Drossman, MD, professor emeritus of gastroenterology at University of North Carolina Department of Medicine and founder of the Rome Foundation; Emily Rubin, RD, clinical dietitian in the gastroenterology and hepatology division at Thomas Jefferson University Hospital



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Nutrition

IMBIBE WISELY • MANAGE YOUR CRAVINGS



Harness the fat-fighting power of ginger: Peel or grate some into a mug, add lemon, and fill with boiling water.

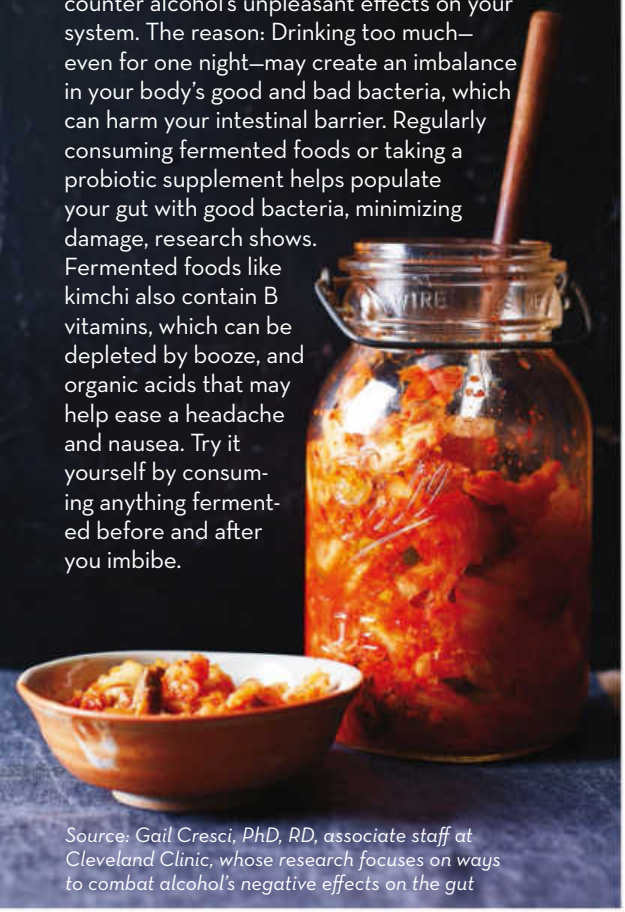
PHOTOGRAPH BY PHILIP FICKS; FOOD STYLING BY KHALIL HYMORE; PROP STYLING BY CARLA GONZALEZ-HART

Fight Holiday Weight Gain with This Root

Ginger isn't just for cookies this time of year—it can also prevent you from packing on pounds, says new research from the *European Journal of Nutrition*. Researchers found that women who consumed dried ginger daily for 12 weeks significantly lowered their body mass indexes, compared with a placebo group. For that, credit ginger's ability to reduce insulin, the body's fat-storing hormone. Previous studies showed ginger also curbs hunger. Both fresh and dried varieties will do the trick, but for max flavor, fresh is best.

Could Fermented Foods Cure a Hangover?

Next time you want to right the wrongs of last night's debauchery, think of kombucha or kimchi. These, along with other fermented foods, may help counter alcohol's unpleasant effects on your system. The reason: Drinking too much—even for one night—may create an imbalance in your body's good and bad bacteria, which can harm your intestinal barrier. Regularly consuming fermented foods or taking a probiotic supplement helps populate your gut with good bacteria, minimizing damage, research shows. Fermented foods like kimchi also contain B vitamins, which can be depleted by booze, and organic acids that may help ease a headache and nausea. Try it yourself by consuming anything fermented before and after you imbibe.



Source: Gail Cresci, PhD, RD, associate staff at Cleveland Clinic, whose research focuses on ways to combat alcohol's negative effects on the gut



The Crazy Way Booze Makes You Binge

Ever wonder why you want to eat an entire pizza after tipping back adult beverages? A new study in *Obesity* offers some insight into the "aperitif effect," and it's not just your imagination. Researchers gave women an IV dose equaling 2 to 2.5 drinks, then had them sniff foods while undergoing brain scans. Sure enough, being tipsy caused them to eat as much as 30% more than when they sniffed sober. Scans confirmed it, showing increased activity in the hypothalamus, the part of the brain associated with appetite.

FROM LEFT: PHOTOGRAPH BY PHILIP FICKS; FOOD STYLING BY KHALIL HYMORE; PROP STYLING BY CARLA GONZALEZ-HART. DRINK: MICHAEL PHILLIPS/GETTY IMAGES. ILLUSTRATION BY JESSICA KUSUMA



While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease.

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Are You Drinking Too Much of This Mineral?

IT MAY BE TIME to rethink what you drink. A study of 46 bottled, canned, and powdered drinks like iced tea, soda, and flavored water found that 78% contained significantly more of the mineral phosphorus (a preservative and flavoring agent) than previously thought. While some phosphorus is necessary, too much can harm your bones, heart, and kidneys. Skip drinks and packaged food with ingredients with the prefix *phos-*, like phosphoric acid.

Source: American Journal of Kidney Diseases



Make Your Morning Protein-centric

If your goal is to slim down and stave off cravings, consuming 24 to 35 g of protein at breakfast could help you get there, says new research. Three tasty options:

OMELET IN A MUG

Whisk 2 or 3 **eggs**, 2 oz **chopped ham**, and 2 Tbsp **diced bell pepper**. Microwave on high 1 minute. Stir, then cook until set, 1 minute more. Protein: 30 g

COTTAGE CHEESE BREAKFAST PARFAIT

In jar or mug, layer ½ cup **cottage cheese**, 2 Tbsp **berries**, and 1 Tbsp **chopped nuts**. Repeat layers once more and top with drizzle of **honey**. Protein: 30 g

PROTEIN-BOOSTED OVERNIGHT OATS

In jar, mix ¾ cup **milk**, ½ cup **oats**, 1 scoop **grass-fed whey protein**, and toppings like **blueberries** and **almonds**. Refrigerate, covered, overnight. Protein: 24 g

Source: International Journal of Obesity

FROM LEFT: BOARDING1NOW/GETTY IMAGES. PHOTOGRAPH BY PHILIP FICKS; FOOD STYLING BY KHALIL HYMORE; PROP STYLING BY CARLA GONZALEZ-HART

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eatclean

MOOD CHANGERS • GIFTABLE GRANOLA • GLUTEN MYTH

The Smartest Way to Eat a Pomegranate

Pomegranates are everywhere right now, offering flavor and color in an otherwise bland world of winter produce. Plus, there's substance behind the beauty: Studies show this fruit packs big cancer-fighting, antioxidant, and anti-inflammatory perks. But how to deseed them in a hurry? Simple: Cut one in half and, over a bowl, bang the skin side repeatedly with a spoon, causing the seeds to detach from the membrane quickly and without a mess. Then eat—on salads, in cocktails, or straight from the bowl.

Head to *prevention.com/pom* for our favorite pomegranate recipes.



PHOTOGRAPH BY PHILIP FICKS; FOOD STYLING BY KHALIL HYMORE; PROP STYLING BY CARLA GONZALEZ-HART

6 Clean Drinks That Can Cure a Bad Mood

Frazzled, unfocused, or just plain pissed? Mother Nature's got a few sippable tricks up her sleeve, packed with just the right nutrients to get you out of whatever funk you're in.



1

WHEN YOU'RE DISTRACTED

Water with Lemon

Dehydration can mess with focus, so sipping water is always smart. Adding a squeeze of lemon juice has been shown to hone the effect further, though researchers aren't sure why.



2

WHEN YOU'RE STRESSED

Chamomile Tea Latte

Chamomile tea helps ease anxiety and irritability, while milk from grass-fed cows has conjugated linoleic acid, a fat that may help counteract the stress hormone cortisol.



3

WHEN YOU'RE FEELING BLUE

Greek Yogurt Smoothie

The protein in Greek yogurt increases levels of mood-boosting neurotransmitters while giving your gut a dose of probiotics, which research links to improved mood.



4

WHEN YOU'RE TRYING TO SLEEP

Tart Cherry Juice

Recent research shows that drinking tart cherry juice twice a day can help you sleep nearly 90 minutes more a night, thanks to the naturally occurring melatonin in those tangy little fruits.



5

WHEN YOU'RE FRUSTRATED

Chai

This spicy blend often includes cinnamon, the smell of which can boost alertness and lower frustration, finds one study. It also stabilizes blood sugar, so if your sour mood is a result of an energy lull, it may help.



6

WHEN YOU'RE EXHAUSTED

Green Tea

While this tea has a bit of caffeine, it also has L-theanine, an amino acid that boosts alpha brain waves (similar to what happens when you meditate), linked to relaxation and a focused calm.

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QUAKER OATS
off you go
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SEASONAL SNACK

Granolas to Gift

One granola base plus three add-ins equals a trio of tasty, good-lookin' holiday gifts. Each recipe serves 6 to 8.

Granola Base

Heat oven to 350°F. Line sheet pan with parchment. In bowl, combine 3 cups **rolled oats**, ½ cup **wheat germ**, ¼ cup **ground flaxseed**, and ¼ tsp **kosher salt**. In saucepan, combine ¼ cup **maple syrup** and ¼ cup **coconut oil**. Heat until oil melts. Combine with oat mixture until well coated. Spread onto sheet pan in even layer and bake until crisp and golden, 15 to 18 minutes. Cool and transfer to airtight container. Store up to 1 month.

1. Seeds and Spice Granola

To dry oat base, add ½ cup **raw pepitas**, ¼ cup **shelled sunflower seeds**, 2 Tbsp **chia seeds**, 1 Tbsp **sesame seeds**, and 2¼ tsp **pumpkin pie spice**.

2. Cherry, Almond, and Vanilla Granola

To dry oat base, add ¾ cup **sliced almonds**. To syrup mixture, add 4 tsp **pure vanilla extract**. After baking granola base, stir in ½ cup **dried cherries**.

3. Chocolate, Coconut, and Banana Granola

To syrup mixture, add 3 Tbsp **unsweetened cocoa powder**. After baking granola base, stir in ½ cup **roughly chopped banana chips** and ¼ cup **toasted unsweetened coconut flakes**.



For a gift-worthy goodie jar, go to shop.prevention.com.

PHOTOGRAPH BY PHILIP FICKS; FOOD STYLING BY KHALIL HYMORE; PROP STYLING BY CARLA GONZALEZ-HART

Hungry for more healthy choices? Get the *Eat Clean, Stay Lean* book at prevention.com/ecsl.

EAT CLEAN, STAY LEAN

FLOUR

Spiff up your holiday baking by making one simple swap with big nutritional benefits.



✶

NOT CLEAN

REGULAR ALL-PURPOSE FLOUR

This flour spikes blood sugar more quickly than unrefined flours and may contain leftover chemicals from bleaching that are linked to diabetes in animal studies. It may be aesthetically pleasing, but it has no health perks to speak of.



✶✶

CLEAN

UNBLEACHED ALL-PURPOSE FLOUR

Although free of bleaching chemicals, this flour is still missing the healthiest parts of the plant—wheat bran and germ—and has less protein and fiber as a result. A diet that includes refined flours may increase your risk of heart disease, diabetes, and obesity.



✶✶✶

CLEANEST

WHOLE GRAIN FLOUR

Whole wheat and other whole grain flours add a nutty flavor to baked goods, and they also have more protein, fiber, B vitamins, and minerals. Since this type of flour tends to be denser, use ¾ cup whole wheat flour to replace every 1 cup all-purpose in recipes.

TRUE OR FALSE?

GLUTEN CAUSES WEIGHT GAIN

False! About 27% of Americans believe going gluten-free will make them slimmer. But according to a new review from Arizona State University, there's not one published study that proves the weight loss claims made for going gluten-free. Yes, avoiding high-carb, processed foods like bread, pasta, and cereal can help you drop pounds, but that's because they're high in calories and often sugar while low in fiber and other nutrients, not because they contain gluten. In fact, many gluten-free substitutes are also high in sugar and calories.



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Fitness

JOINT RELIEF • METABOLISM BOOSTER • SEATED WORKOUT



GALLERY STOCK

Doing just 5 minutes of alternate-nostril breathing–see directions at right–can calm nerves.

Do This, Feel 44% Less Anxious

If you've ever felt silly doing those breathing exercises in yoga class, know you haven't wasted your breath. When study participants practiced Sudarshan Kriya yoga—a specific collection of yoga breathing techniques—for 25 minutes a day, their anxiety scores decreased by about 44% in 6 months. "Deep breathing rebalances the autonomic nervous system, calming the fight-or-flight stress response at the root of anxiety," says mind-body researcher Ronnie Newman. **TRY IT NOW:** Press right nostril closed with thumb. Exhale and inhale through left nostril, then press it closed with ring finger as you release thumb and breathe out through right nostril. Inhale through right nostril, then close it; open the left nostril to exhale. Continue alternating, breathing out and in on each side. Stick with it for 5 minutes and you'll feel better—awesome if you do it daily.

Source: Journal of Affective Disorders

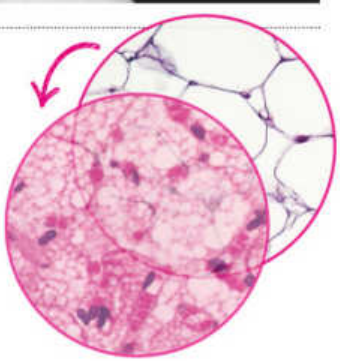
Give Your Joints a **Beating to Ache Less**

Most counterintuitive tip of the month: Hard workouts can be salve for achy joints. When women with rheumatoid arthritis or osteoarthritis sweated through 30 minutes of indoor cycling intervals twice a week, they slashed indicators of pain-causing inflammation in their blood by an average of nearly 40% after 10 weeks, according to a recent study. They also lost weight, dropped body fat, and increased their stamina without any negative side effects. "All of the women's joints were able to handle the demanding workouts," says study author Anja Bye. "Tackling intervals relieves pain—and makes you fitter, too."

Source: European Journal of Applied Physiology

IRISIN **['ai-ris-in]**

A hormone released by muscles during exercise that may help convert unhealthy white fat to calorie-burning brown fat. While it's still unclear which exercises leave you with more of the science-darling hormone, research points to high-intensity training. So kick it up!



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10 MINUTES TO

Stronger, Firmer, Leaner

This fast—even fun—routine from trainer Larysa DiDio tones your entire body, and you don't even have to leave your chair.

How to do it: Perform each exercise for 45 seconds, resting for 30 seconds between moves. Complete the entire circuit twice.

1 PRESS 'N' TONE

Sit on edge of chair with one dumbbell in each hand, palms by shoulders. Extend arms overhead. Lower dumbbells back down to shoulder height, then alternately extend one arm forward at chest height, then the other. That's 1 rep.



EXPERT TIP
Pretend there's a string lifting your chest, spine, and head up.

2 LIFT 'N' CRUSH

Lie on back on floor with heels on chair, one dumbbell in each hand with arms extended over chest, palms facing each other. Lift hips off floor, squeezing glutes. Slowly lower hips down, then bend elbows and bring dumbbells toward forehead. That's 1 rep.

EXPERT TIP
Keep elbows in tight and right above your shoulders.





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PHOTOGRAPHS BY MITCH MANDEL; HAIR AND MAKEUP BY THE SIMONGROUPSTYLISTS.COM

3 RAISE 'N' SQUEEZE

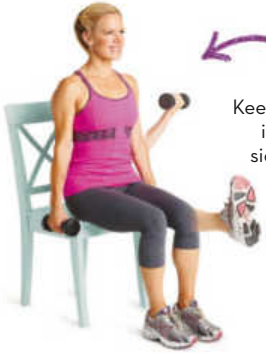
Sit on edge of chair with one dumbbell in each hand, torso leaning forward slightly and arms extended by legs, palms facing forward. Bend elbows and pull dumbbells toward rib cage, drawing shoulder blades together, then slowly extend arms behind body and squeeze triceps. Reverse the move slowly. That's 1 rep.



EXPERT TIP
Keep your head in line with your spine to avoid straining your neck.

4 CURL 'N' EXTEND

Sit on edge of chair with one dumbbell in each hand, arms extended by sides, palms facing body. Simultaneously extend right leg forward (with foot flexed) and curl left arm to shoulder. Slowly lower, then repeat on other side. Continue alternating sides with each rep.



EXPERT TIP
Keep your elbows in tight to your sides and pointing down.

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– Fran Drescher, Actress, "The Nanny"



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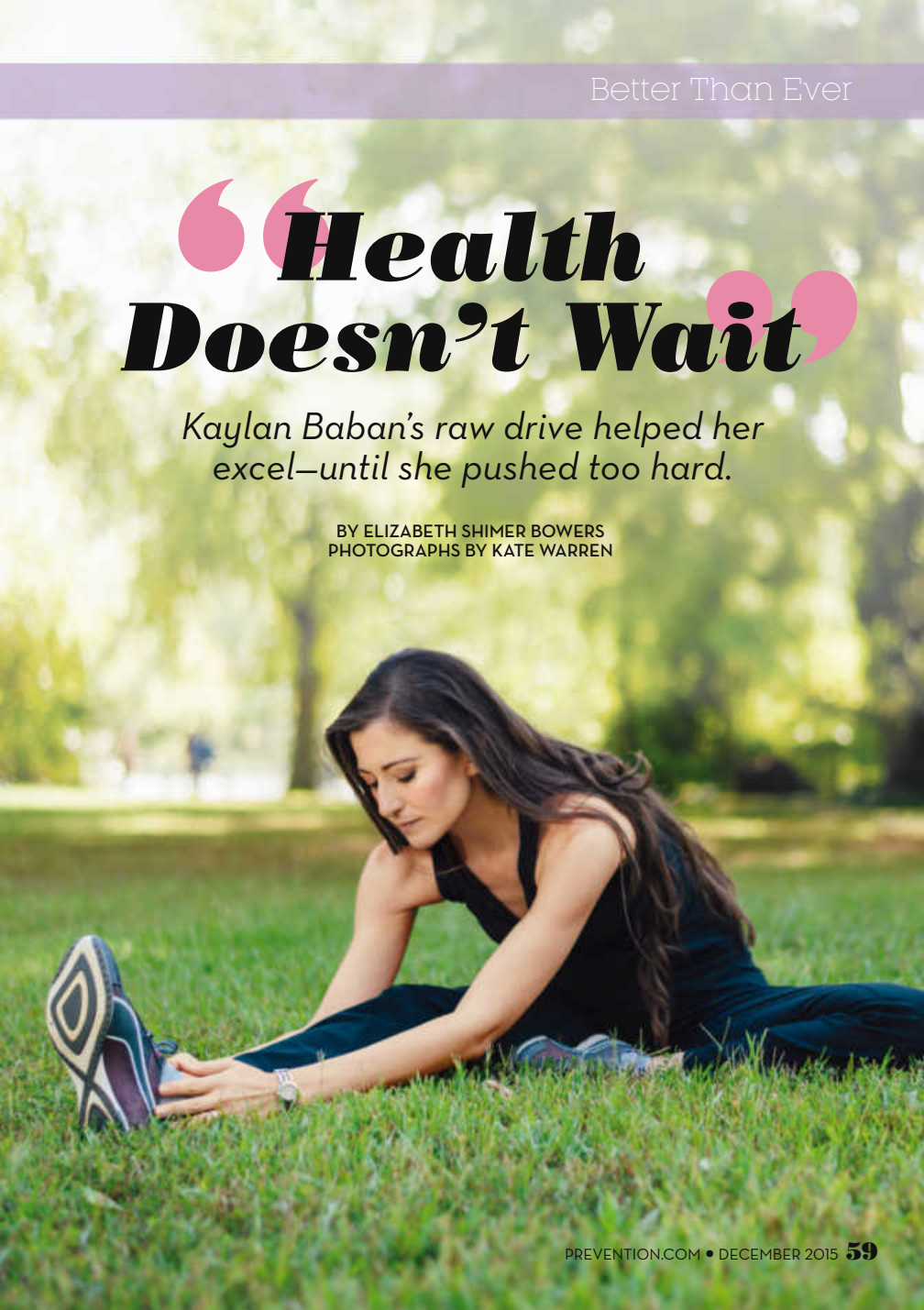


"Now," says Baban, "I exercise every morning."

"Health Doesn't Wait"

Kaylan Baban's raw drive helped her excel—until she pushed too hard.

BY ELIZABETH SHIMER BOWERS
PHOTOGRAPHS BY KATE WARREN



One morning 4 years ago, deep into my insanely busy fourth year of ophthalmology residency, I decided to go for a quick morning jog. I'd always been active, but my 15-hour workdays left little time for exercise. Within minutes of heading out, I took a misstep, and pain shot through me. I didn't know it then, but I'd dislocated my kneecap and damaged one of the nerves in my leg. After 4 months of setting exercise aside, my leg muscles had gotten so weak they'd made my knee joints unstable. But I was dedicated to my work, and nothing was going to slow me down, so I hobbled through my clinics and surgical duties on crutches, trying to ignore the burning pain.

When I finally saw a doctor, the diagnosis was worse than I'd imagined. In the days after my injury, soldiering through the discomfort had caused severe nerve damage, and it was not clear if it could get better. Forget running. Now I had to learn to walk again.

Suddenly, I was the full-time patient, needing appointments, medicines, procedures, and physical therapy to rebuild muscle and heal the nerve. Walking was torturous. I had to move so gingerly—first with the crutches and then with a cane for another year and a half—that everyone passed me on the sidewalk. What hurt the most, though, was that my medical care was



"I was taking my health for granted and not maintaining balance in my life," says Baban of her injury.

HAIR AND MAKEUP BY NOUR KAZOUN



Now a doctor, Baban won't forget her time as a patient. She prioritizes friends and husband Brandon, and listens closely when her body talks.

so intensive that it conflicted with my training. I had to choose between a slim shot at regaining my health or keeping my career. Ultimately, I had to drop out of my residency program. I felt like my life had been blown apart. The only things that kept me going were encouragement from my husband and the little gains in mobility I began to see from my PT. These improvements were few and far between—and so hard earned—but they were everything.

In time, I started to see the silver lining to this forced slowdown. It taught me a tough lesson: You can't put your health on hold just because life gets busy. I wanted to help people avoid making the same mistake, so instead of sticking with ophthalmology, I finished a second residency at Mount Sinai in New York City in preventive medicine and am dedicating myself to helping others before they get sick. I also hit another milestone last year: I climbed a hill that I thought I'd never climb again. It was slow, but I did it—seriously, with the sound track of *Chariots of Fire* in my mind. I was back, and I was strong.

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Beauty

AGELESS HANDS • SEXY HAIR • BANISH FLAKY SKIN

A Natural New Face-Lift

If you ever feel like the woman of Internet fame who hasn't smiled in 40 years to prevent wrinkles, it's time to grin again: Flexing facial muscles can put the brakes on wrinkle formation. In a *Journal of Dermatological Treatment* study, a small group of women ages 35 to 58 performed facial exercises twice a day. After 8 weeks, their skin was firmer and more elastic. "It's bodybuilding for your face," says Los Angeles–based aesthetician Carole Maggio, who's been teaching Facercise since 1981. "Isolating a facial muscle tones and tightens it, minimizing lines and wrinkles." Turn the page and let the lifting begin.



MITCH MANDEL

DIY WRINKLE ERASERS

The moves look funny, but a study found they work. Do 3 reps of each twice a day, holding the reps for 3 seconds at first, then working up to 10 seconds.



UPPER EYELIDS
Place index fingers on outside corners of eyes and middle fingers in centers of eyebrows. Push up gently and look down; then squeeze eyes shut tight, working muscle around eyeballs.



LOWER EYELIDS
Place index fingers on outside corners of eyes and middle fingers on inside corners of eyes. Keep fingers in place, pressing gently, and close eyes while looking up.



UPPER AND LOWER EYELIDS
Touch thumbs and index fingers together to form "binoculars" over eyes. Gently lift index fingers and lower thumbs, widening the circles. Keeping fingers against skin, scrunch lower eyelids, as if squinting.



UPPER LIP
Create a V shape with thumb and index finger and place at upper corners of mouth. Place other hand in same position on top of first hand. Look up and try to force a smile against pressed fingers.



NECK
Place one hand below neck, keeping fingers close together but thumb spread wide. Place other hand on top. Point chin toward ceiling and pull down on chest. Smile with lips closed.



New Fixes for Aging Hands

These derm-recommended solves tackle those dang "welcome to middle age" spots.

1. OTC CREAMS AND SERUMS Spots won't vanish, but they may lighten, says NYC dermatologist Marina Peredo. **TRY Skinceuticals Phyto+ Botanical Gel** ($80). Use this fungus-derived kojic acid and bearberry plant gel 8–12 weeks.

2. RX FORMULAS These are slightly more effective erasers. **TRY Tri-Luma** ($120). Hydroquinone lightens and exfoliates, and a mild corticosteroid calms inflammation. Use 4–8 weeks.

3. DERM'S OFFICE LASERS Zap spots for good with a few sessions at the doc. **TRY Picoway** ($450 to $750). Ultrashort pulses break down melanin into tiny particles the body then eliminates, says derm Vic Narurkar, founder of the Bay Area Laser Institute.

FACIAL EXERCISES: PHOTOGRAPHS BY MITCH MANDEL. HAIR AND MAKEUP BY COLLEEN KOBRICK. HANDS: JAMIE GRILL/GETTY IMAGES





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VICKS



3 Products That Anti-Age Your Hair

ONCE YOU HIT 40, your hair may start acting up. A formerly lustrous look can grow finer and turn drab, especially around the crown. "Each hair follicle gets smaller as you age," says Nick Penna, owner and lead stylist of SalonCapri in Massachusetts. "The body also slows the production of natural oils, so hair becomes drier and more brittle." Now's the time to jettison any drying, stiffening, or damaging products. Here are three to stock up on and what each helps you finally replace.



TRY Ammonia-free color, like **L'Oréal Paris Professionnel Inoa Haircolor** ($17).

DITCH Permanent dyes that contain ammonia, which can damage the hair cuticle over time, making hair drier and more prone to breaking.



TRY Protecting your hair before heated styling with a product like **Tresemmé Thermal Creations Heat Tamer Spray** ($5.50).

DITCH Keratin treatments, which, especially if they use heat, can cause already fragile hair to snap when pulled or brushed.



TRY Washing with a product containing natural oils like argan or coconut to replenish lost moisture. One to test: **Topganic Shampoo with Argan Oil** ($9).

DITCH Clarifying shampoo, which tends to strip your hair of the natural oils that keep it shiny.



Fix Flaky Skin on the Fly (Without Ruining Your Makeup)

Snowflakes are nice—except when they're around your nose, mouth, and eyes. Picking at the skin just makes spots more noticeable, says NYC medical aesthetician Amanda Sanzone. Try her tricks for fixing the problem without leaving a trace.

At home: Cleanse with a moisturizing wash, use a hydrating serum and moisturizer, and try to exfoliate 2 or 3 times a week.

On the go: Press concealer, tinted moisturizer, or even clear lip balm onto flakes until blended. No products on hand? Gently blot skin with a wet paper towel.

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Prevention
Beauty Innovations 2015

GOTTA-HAVE-IT BEAUTY

14 brand-new breakthrough products that are so good, we can't believe we survived without them

When truly innovative products come on the scene, they shake up their categories, fly off shelves, and make competitors scramble to keep up. These 14 first-of-their-kind products, new this year, are feats of chemistry and physics that will save you time, take off years, and solve your biggest beauty annoyances—for good.

BY SARAH Z. WEXLER PHOTOGRAPHS BY STEVE GIRALT



Finally **SAFELY STRAIGHTEN HAIR IN SECONDS**

Hair becomes more fragile as we age, making the temperature of hot tools key. **The Glampalm Simpletouch** ($220) is carefully calibrated to be hot enough to get hair pin-straight without scorching it. The tool is ready to go—we're talking a curl-blasting 390°F—in just 10 seconds, and it shuts off automatically after 35 seconds of inactivity, so you'll never again have to wonder if your flatiron is off just as you're pulling out of the driveway.



Finally **RESTYLE WITHOUT SHAMPOOING**
The wizards at Rusk have made it possible to go from stick-straight to curls—without washing your hair. Apply **Heatshift** ($18) before heat-styling and, thanks to the crosspolymer technology, switch looks as often as you like.

Finally **CUT YOUR BLOW-DRY TIME IN HALF**
When **L'Oréal Paris Advanced Hairstyle Blow Dry It Quick Dry Primer Spray** ($7) is exposed to heat, it wicks water away from your hair, slashing blow-dry time by 50%. (How you use your extra 3 to 5 minutes is up to you.)

Finally **VOLUMIZE YOUR HAIR WITHOUT DAILY APPLICATION**
The average woman uses 12 products daily—cut one out with **John Frieda Luxurious Volume 7 Day Volume In-Shower Treatment** ($10), a weekly rinse that keeps hair thick and full through three washes.

Finally **A GENTLE ANTI-AGER**

RoC Smooth Perfexion Instant Line Corrector ($23) uses copper and zinc to stimulate an electrical response in the skin (activated by the water on your skin's surface), which jump-starts cellular renewal. That may sound painful, but the formula is super-gentle—you can even use it with retinol.

Finally **A WAY TO TIGHTEN AND LIFT SKIN—WITHOUT A FACE-LIFT**

It's an old trick: Tape at the hairline will pull back the skin around the eyes and cheekbones, for an instant face-lift. Now **Estée Lauder New Dimension Expert Liquid Tape** ($70) does the same; smooth it on and its polymers and pro-collagen complex instantly tighten skin.

Finally **A HAND CREAM THAT CAN PREVENT DAMP PALMS**

Does just the thought of public speaking or meeting strangers make your palms sweaty? **Radical Skincare Hand and Nail Multi-Repair** ($55) is your new secret weapon. The luxe hand cream features rice hull that acts as an antiperspirant for your palms while reducing age spots.



STYLING BY ALMA MELENDEZ

Finally **PLUMP SKIN WITHOUT NEEDLES**

Hyaluronic acid is one of the most popular injectable fillers, and for good reason: It can help build skin's natural volume and fill in crow's-feet, smile lines, and forehead wrinkles. **Dermarché Labs Fullfill** serum ($89) features injectable-size molecules of the ingredient—no syringe necessary.

Finally **STOP SHINE IN ITS TRACKS**

Like a good magician, **Cosmedicine Medi-Matte** ($63) vaporizes sebum (the oil on your skin that causes that greasy look) so it evaporates right off your skin's surface. In seconds, shine is eliminated—and so are trips to the bathroom to powder your nose.

Finally **GO BEYOND UV WITH YOUR SUNSCREEN**

Philosophy Ultimate Miracle Worker ($75) screens against UVA and UVB rays and also protects skin from infrared and visible light, which cause 50% of the free-radical damage leading to aging but aren't tackled by most sunscreens. Bonus: It helps repair previous damage with time-release retinol.



Beauty Prevention Innovations 2015

Finally **THREE MASCARAS, ONE TUBE**
If your lashes are looking a little skimpy, it's not just you—they get finer and thinner with age. **MUA Makeup Academy Amp-Up Adjustable Mascara** ($10.50) can help; twist the handle and the brush will shape-shift into four different wands that allow you to cash in on benefits (length! volume! impact!) in just a few coats.



Beauty Prevention Innovations 2015

Finally **SELF-TANNER THAT WON'T RUB OFF**
Slather on **St. Tropez Gradual Tan In Shower Lotion** ($25), rinse off after 3 minutes, and like magic, over the next few hours skin will get a subtle natural glow. This could be the end of orange-striped towels, streaky self-tanner lines, and—most important—skin cancer.

Finally **BULLETPROOF ANTI-AGING SPF**
When **Shiseido Ultimate Sun Protection Lotion Broad Spectrum SPF 50+ WetForce** ($40) meets water—pool, ocean, or your own drippy sweat—its negative ions bond with positively charged minerals in water to create a water-wicking shield, meaning you stay protected better and longer.

Finally **NEVER-GREASY, NEVER-STICKY LOTION**
Body lotion is often the first thing that gets skipped when you're busy—even though your 40+ skin is thirsty for it. Eliminate drying time with **Eucerin In-Shower Moisturizer** ($13). Apply it in the shower, then rinse off before hopping out.



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*Usages for Hyland's products are based on traditional homeopathic practice. They have not been reviewed by the Food and Drug Administration.

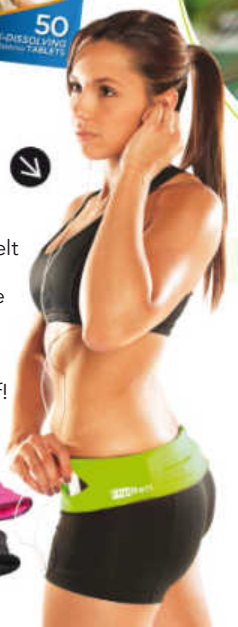
tip: *Things to keep in your overnight bag for holiday travel*



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"Above all, don't fear difficult moments. The best always comes from them."

—Rita Levi-Montalcini, Nobel laureate

JOHNER/OFFSET

26 BREAKTHROUGHS THAT WILL CHANGE YOUR LIFE NOW

Get stronger, smarter, healthier, even cured. Our 2nd annual Breakthroughs Issue shows you how.

BY THE EDITORS OF *PREVENTION* ⬡ ILLUSTRATIONS BY SEAN MCCABE


Mobile Stroke Treatm



1

Your vitamin aisle is now cleaner

When Naomi Whittel was 16, she resolved her head-to-toe eczema by taking Chinese herbs—only to discover in her 20s that her body was riddled with toxins. Doctors blamed it on contaminated supplements. Two decades later, supplements are still getting bad press for not always containing what they claim to. Lucky for weary, wary health seekers, Whittel is the founder of a rapidly growing supplement company, Reserveage Nutrition, that puts a premium on clean ingredients and science that vouches for their efficacy. "We wanted to cut through the jungle of ingredients to focus on what's safe," she says, "and, of course, what really works."

Self-splurge! Travel to Austin, TX, Jan. 15–16 to create your own health breakthrough, guided by experts like Maria Shriver and Naomi Whittel. Visit **preventionr3summit.com** *to learn more.*

THIS PAGE: NELL HOVING PHOTOGRAPHY. PREVIOUS SPREAD, CLOCKWISE FROM TOP LEFT: SECOND SIGHT MEDICAL PRODUCTS INC. BEYHES/GETTY IMAGES. COURTESY OF SPROUT. COURTESY OF CLEVELAND CLINIC. MITCH MANDEL. IMAGESOURCE/GETTY IMAGES. BONNIN STUDIO/STOCKSY. COURTESY OF JAWBONE. RAKESHPICHOLIYA/GETTY IMAGES. BONNIN STUDIO/STOCKSY

SNEAK PEEK

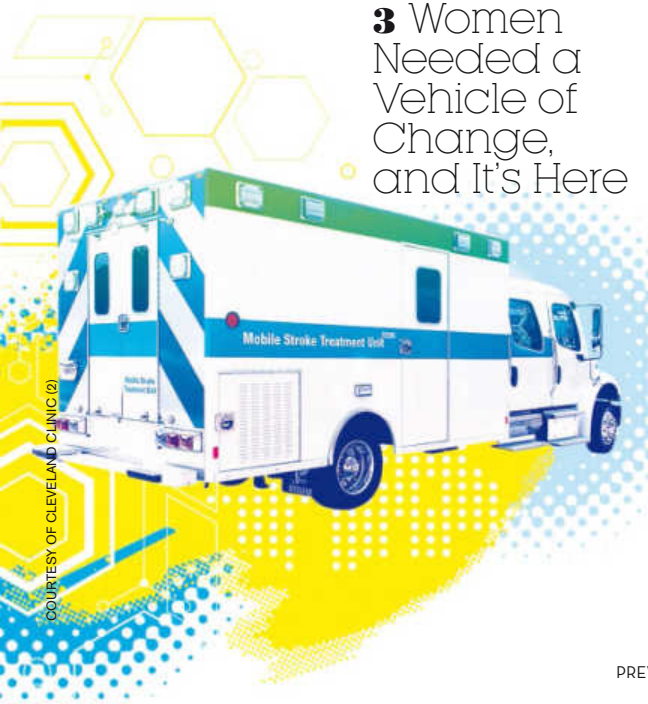
2 ANYONE'S HEART CAN DEVELOP AN ELECTRICAL GLITCH, BUT HOW MANY GET A MINI PACEMAKER TO FIX IT?

More, starting ASAP: This tiny miracle is still in clinical trials but could be approved by the FDA as early as next year. How cool is it? The wires that connect a traditional pacemaker to your heart can get infected, causing major complications. This new version, for people who need pacing in one chamber (not both), is wireless. Plus, it's surgery-free: It gets implanted directly into the heart by steering a catheter through a femoral vein.



Actual size

3 Women Needed a Vehicle of Change, and It's Here



COURTESY OF CLEVELAND CLINIC (2)

One killer on the rise among American women is stroke. Although a drug called tPA can save your life if you get it within 3 hours of having one, only 3 to 8.5% of people do. So it's welcome news that mobile stroke units equipped with tPA, specialized staff, and diagnostic machines have slowly but surely started rolling out across the country. Two studies released in July found that these units significantly reduce the time it takes to diagnose and treat patients for stroke, greatly improving survival and recovery rates.

4
Your Doctor Is Now *Smart*

So is your trainer. And your therapist. These days you can connect for good care anywhere.



A TRAINER CAN STILL BOSS YOU OVER WIFI

You'll pay less if you get directed through a workout virtually: Companies like Lift Session and VirtuFit charge as little as $40 for a live one-on-one webcam session.



VIDEO CHAT IS THE NEW HOUSE CALL

In April, United Healthcare joined the ranks of insurance companies covering video-based doctor visits just like they do in-person ones. Half of all US hospitals now offer some form of telemedicine; call your doc's office to see if you can spare yourself the trip in next time.





5 Those of Us Blowing Out Our Knees Can Relax

Martha Murray was an engineering grad student almost 30 years ago when a friend hobbled into a party on crutches, having torn his anterior cruciate ligament (ACL). "I asked him if they would sew it back together, and he looked at me as if I had three heads," she recalls. Murray was flabbergasted to learn that the repair always involved using a tendon taken from elsewhere in the body: "I couldn't figure out why you couldn't just sew the ACL together and let it heal, like so many other things in the body." The question nagged at her so much she ultimately ended up switching from engineering to medical school, and since then she's devoted her career to finding a solution. This year, she did. With an ACL tear, the blood clots that should help ligaments reconnect get dissolved by knee fluid. Murray's workaround is a scaffold that's sewn between the two torn ends. "We use it to hold the patient's own blood between the torn ligament ends, and within 8 weeks it's replaced by tissue," she says. Early data suggests the method is as effective as the old one, with easier recovery. Given the 100,000 to 300,000 ACL tears that occur every year, just imagine the hours in physical therapy and the medical bills to be saved—especially by women, since we're up to 10 times more likely to tear an ACL than men are. "This seems more natural than traditional surgery," Murray says. "It's basically using the body's own tissues to heal."

YOUR THERAPIST IS IN YOUR POCKET

Video chat with a therapist on platforms like Breakthrough (which accepts some types of insurance) or get unlimited texting with a shrink for $25 a week via Talkspace. Online therapy can be just as effective as the face-to-face kind, at least according to one recent study.

OPPOSITE, CLOCKWISE FROM BOTTOM: GREGOR SCHUSTER/GETTY IMAGES. NULLPLUS/GETTY IMAGES. MITCH MANDEL. IMAGESOURCE/GETTY IMAGES. THOMAS MACDONALD. RUIGSANTOS/GETTY IMAGES. THIS PAGE: BOSTON CHILDREN'S HOSPITAL

6 Smart! Don't eat

FINISH
dinner
by 7 PM



PEDEN & MUNK/TRUNK ARCHIVE

at night, lose weight

The kind of fasting being popularized as "intermittent" may be all the rage as a weight loss strategy, but let's be honest, eating hardly anything 3 days per week will never be truly popular. The awesomely easy alternative: fasting while you're asleep, plus a little longer. A food break as brief as 12 hours will help you get a smaller waistline: It speeds up metabolism and lowers blood sugar and body weight, even if you don't actually cut any calories. This is based on preliminary research, but if it's true—and other ongoing research is looking to show that—you'll burn fat by just changing when you eat. Your easy plan: Eat three meals as close together as possible—say, a 9 AM breakfast, a 1 PM lunch, and a 6 PM dinner—to stretch out your nighttime fasting phase as long as possible.

in 12+ hours without food



MULTI-BITS/GETTY IMAGES. SOURCE: ERIC RAVUSSIN, PHD, DIRECTOR, NUTRITION OBESITY RESEARCH CENTER, PENNINGTON BIOMEDICAL RESEARCH CENTER



7

13,000,000

That's how many of us will wear activity trackers supplied by our health care companies in the next 5 years. Expect possible insurance discounts in exchange for your data. Big Brother–ish or worthwhile incentive, it's the new reality.

8 MAKE YOUR LDL CHOLESTEROL SOMETHING YOU USED TO WORRY ABOUT

People with persistently high LDL ("bad") cholesterol now have a powerful new ally. This summer, the FDA approved two drugs in a new major class of cholesterol medications called PCSK9 inhibitors. Both drugs, evolocumab (Repatha) and alirocumab (Praluent), are injections that silence a cholesterol-creating gene called PCSK9. Studies so far have shown that just about everyone who takes them responds, with LDL levels plummeting by 50%. As of now, PCSK9 inhibitors will be used for people who need big-gun treatment beyond statins—those who don't respond to statins, have bad side effects from them, or have a genetic condition called hypercholesterolemia, which causes crazy-high LDL levels.



SOURCES (FROM TOP): JONATHAN COLLINS, PRINCIPAL ANALYST, ABI RESEARCH; CHRISTOPHER CANNON, MD, EXECUTIVE DIRECTOR OF CARDIOMETABOLIC TRIALS, HARVARD CLINICAL RESEARCH INSTITUTE

SNEAK PEEK

9 When you need real relief someday, thank her



Morphine and hydrocodone have their issues, but when an effective narcotic is all that will get you through the pain and on the road to recovery, they are the best we have. Unfortunately, both carry side effects and are at constant risk of being in short supply, since they're derived from the slow-growing poppy plant and can take more than a year to make. With that in mind, Stanford University researcher Christina Smolke has accomplished what many considered to be an impossible feat: She made both drugs in a rapid-fire 3 to 5 days. Her trick, if you can call it that, was to insert more than 20 genes (harvested from rats, bacteria, and plants) into a microbe similar to brewer's yeast, coaxing it to synthesize the drugs. Smolke hopes to perfect the technique in a couple of years, giving us all access to cheaper, more abundant painkillers, tweaked for fewer side effects to boot.

10

REVERSE-AGE YOUR BRAIN

There's a reason brain-training companies for pro athletes are popping up faster than you can say *mindfulness*: Honing the ability to react calmly and slow down time in sports pays off, big-time. Starting now, civilians can fare better, too—in work and life, as when trying to remember your neighbor's name under pressure—as companies like CogniSens teach their techniques to the public. A program that gets results on the field (namely, exercises with objects moving across a 3-D screen) also yields real-life gains. "Seventy-year-olds on our program score similarly on cognitive and memory tests to 20-year-old athletes who did not follow the program," says CogniSens president Jean Castonguay. In other words, the ol' Lumosity standard just got a major upgrade.

OPPOSITE PAGE, FROM TOP: COURTESY OF JAWBONE. THOMAS MACDONALD. THIS PAGE: COURTESY OF ROD SEARCEY

11
Your Body on Botox

It's a toxin that paralyzes muscles—and is a boon for you head to toe, per this new research.



IT PUTS A STOP TO HEADACHES
People plagued by migraines saw a significant reduction in the number of headache days following Botox treatments. Their overall quality of life improved, too (obviously).

IT RELIEVES DEPRESSION
Weird but true: A single injection of Botox in the corrugator and procerus muscles (that's the space that wrinkles when you furrow your brow) results in significant—and lasting—relief from depression.

IT UNCROSSES EYES
When paired with bupivacaine, Botox had double the straightening effects on unruly eyeballs, compared with bupivacaine alone.

WAVEBREAKMEDIA/GETTY IMAGES


IT DOES ITS WRINKLE THING
Smooths, yes, but also boosts skin's elasticity by 30% for up to 4 months post-treatment.
IT HELPS WITH SWEAT STAINS
Excessive sweaters who got multiple armpit injections (ouch!) perspired up to 87% less than before; their dryness lasted up to 12 months.
IT'S THE ANTI-PAIN IN THE NECK
Injections can dull the pain and symptoms of incessant neck spasms for up to 12 weeks.
IT'S A HEART SURGERY TOOL
Invasive heart surgery is scary; Botox can make it less so by preventing dangerous heart rhythms postprocedure.
IT EASES BLADDER ISSUES
A few Botox injections can nix that "gotta go" feeling for up to a year in those with overactive bladder.

12

CHOLESTEROL AND SATURATED FAT: NO LONGER GUILTY, SO NEITHER ARE YOU

Hard to get your head around, we know. The Dietary Guidelines Advisory Committee says you don't have to treat cholesterol as a nutrient of concern anymore, hopefully paving the way for decades to come in which yolk lovers can come out of their shells. Meanwhile, many docs, including Cleveland Clinic cardiologist Steven Nissen, have been scaling back on the idea that saturated fat is the dietary devil; recent studies on people who eat full-fat dairy suggest it doesn't have the ill effects we once thought—and in some cases could even be (gasp!) good for you.





13

2,434,192

The estimated number of current US medical marijuana users you would join should you want or need relief. For more on the conditions it treats and how good the evidence is, go to *prevention.com/marijuana*. To date, 23 states and Washington, DC, allow pot for medical purposes.

FROM TOP: TOMMY FLYNN/GETTY IMAGES; ANDREA BRICCO/GETTY IMAGES



14

Blind, Now You See

This year, a British octogenarian going blind with age-related macular degeneration became the first person with dry AMD (the more common form) to see again, thanks to his new bionic eye. The Argus II converts video images captured by the glasses (above) into electric pulses that are transmitted wirelessly to electrodes implanted on the retina's surface, registering in the brain as light, dark, and shapes. It's available in 18 US cities and counting.

FROM TOP: PEATHEGEE INC./GETTY IMAGES. SECOND SIGHT MEDICAL PRODUCTS INC.

15
6 Ways We're Getting a Grip on Cancer

1 WE'RE MAKING MINCEMEAT OF MELANOMA The 5-year survival rate for those with late-stage melanoma was an abysmal 15 to 20%, until the recently approved drug Keytruda arrived. In one study, it improved survival by more than 30%—no small feat. Says David Leffell, chief of dermatologic surgery at Yale School of Medicine, "It's transformed the outlook for the disease."

SNEAK PEEK

2 BLACK-HAT BUGS PUT ON WHITE HATS

Viruses can be reprogrammed to infect cancer cells while sparing normal ones—which is why the field of virotherapy is blowing up. A few that have been jury-rigged so far:

HERPES KILLS MELANOMA More than 16% of patients treated with a genetically engineered derivative of herpes, called T-VEC, showed a response, compared with 2% of a control group that received an injection of an immune-boosting drug.

MEASLES KILLS MULTIPLE MYELOMA When Mayo Clinic scientists gave patients a single IV dose of a tweaked measles virus (MV-NIS), their cancer shrank back. One patient has been in complete remission for over 6 months.

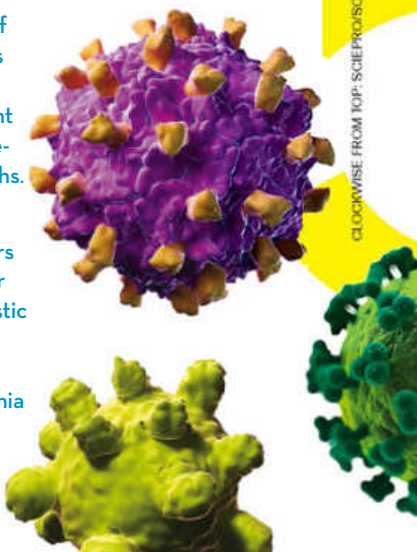
HIV KILLS LEUKEMIA Deactivated HIV appears to put a common cancer called acute lymphoblastic leukemia into remission for some patients, per University of Pennsylvania researchers.

3

SNEAK PEEK

PROSTATE CANCER HAS NEW ENEMIES

The largest genetic sequencing effort on prostate cancer to date, funded by Hollywood-powered cancer charity Stand Up to Cancer, turned up a vital fact: The female cancer genes *BRCA1* and *2* play a role in metastatic prostate cancer, too. Trials are under way to test an effective *BRCA*-cancer drug on men with prostate cancer; early results are expected by December.



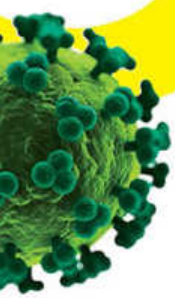
CLOCKWISE FROM TOP: SCIEPRO/SCIENCE SOURCE; SCIEPRO/GETTY IMAGES (2)

ALARM BELLS HAVE QUIETED FOR STAGES 0, 1, AND 2 BREAST CANCER

While the current standard protocol for women diagnosed with DCIS (aka stage 0 breast cancer) is surgery and sometimes radiation, new research suggests that treatment doesn't make any difference in how long they live. Expect the watch-and-wait approach to gain support fast. Another new study found that women with early-stage breast cancer—up to and including stage 2—who undergo a shorter course of radiation have a better quality of life and fewer side effects. Other research has shown that this modified treatment yields comparable rates of recurrence and survival.

WE HAVE ONE UP ON LUNG CANCER

New hope for treating America's deadliest cancer arrived recently when drugs Opdivo and Yervoy showed they could prolong lives with few side effects. In one study, patients on Opdivo had a 27% lower risk of death over 17 months than those on other chemo. In other research, the addition of Yervoy enhanced tumor reduction by 8%—a small amount that matters nonetheless.



CERVICAL CANCER WILL BECOME A THING OF THE PAST

The FDA has approved a new vaccine, Gardasil 9, that expands protection against the human papillomavirus (HPV), by far the leading cause of cervical and certain other cancers. It can shield users against nine strains of the virus, compared with the four covered by the regular Gardasil vaccine approved back in 2006. Based on current estimates, the expanded vax has the potential to prevent a whopping 90% of cervical, vulvar, vaginal, and anal cancers.

16 Sex, Meet Medicine

Top three reasons it's a productive match:

❶ **We have a drug.** The FDA in August approved flibanserin (Addyi) for low sex drive in women. Whether it's effective enough is up for debate, but there's one thing everyone can agree on: The existence of a female libido drug is a big step forward in sexual medicine.

❷ **We have toys 2.0.** Fiera is a brand-new suction device that draws blood to the clitoris—a physiologic hack to get you in the mood. Next year, look forward to a dilating gizmo from medical device company Materna that gently counters the uncomfortable tightness that comes with a postmenopausal vagina.



❸ **We have relief.** Vaginal estrogen, long cast as risky by misleading labeling, is proving to be a safe and effective solve for pain and dryness. Estrogen-based vaginal capsule VagiCap improved sex in 2 weeks for 63% of women who had those symptoms. It's currently in phase III clinical trials (i.e., close to ready). Until it's FDA approved, ask your doc for an estrogen cream—which is likely just as effective.

STUDIO FIRMA/STOCKSY. SEX AND MEDICINE SOURCE: SHERYL KINGSBERG, PHD, CHIEF OF THE DIVISION OF BEHAVIORAL MEDICINE, UNIVERSITY HOSPITALS CASE MEDICAL CENTER

17

SNEAK PEEK



INSTEAD OF TREATING YOUR DISEASE, YOU'LL DELETE IT

We've been altering genes for decades, but fresh tools herald a cool new era in DNA manipulation. Among the wins: Researchers made HIV patients more resistant to the virus, deleted an incurable disease from (nonviable) human embryos, and alleviated sickle cell anemia symptoms in the lab by tweaking a single gene.

18

YOU CAN BECOME STRONG, HEALTHY, AND HOT ALL AT ONCE. WOW.

In case you haven't noticed, the waif look is way out. What's way in: a strong, toned body. Fitness trainers pushing this idea—like Holly Perkins (at right), founder of the online strength-training program Women's Strength Nation—have exploded into view, making it hard to ignore the strong = healthy = gorgeous equation. "Strength training is absolutely critical to your overall health and well-being," says Perkins. "Don't let intimidation keep you from the powerful benefits that can change your life." Helpful evidence comes from a landmark review out of Middle Tennessee University that found being physically fit, no matter your weight, is far healthier for women than being super-skinny but out of shape. Says *Strong Is the New Skinny* author Jennifer Cohen, a Los Angeles fitness trainer (who credits a surge in movies like the *Mission: Impossible* series and *Salt* for helping inspire the trend): "This is something that's attainable for every woman. Not all of us can be skinny, but we can all be strong."

Holly Perkins's Women's Strength Nation aims to get as many women as men strength training in gyms worldwide.



THOMAS MACDONALD

19

IT'S GREAT FOR YOUR HEART
A few hours in nature lowers blood pressure—and the stress hormones cortisol and adrenaline.

IT SOOTHES YOUR BRAIN
Being in greenery decreased anxiety, depression, anger, and fatigue for adults in one study. Other research shows that kids with ADHD who spend time in natural outdoor environments have a reduction in symptoms.

"Forest Bathing" Is a Thing

Walking or sitting in nature, aka *Shinrin-yoku*, started in Japan but is spreading like (dare we say it) wildfire to US wellness spas. Here's why you shouldn't wait for a trip to Sedona to try it.

IT SPEEDS RECOVERY
People in the hospital given green views after surgery had shorter stays, took fewer painkillers, and had fewer complications than those who stared out at a cement wall.

IT BEEFS UP IMMUNITY
When you inhale fresh forest air, you breathe in phytoncides, plant chemicals that have antibacterial and antifungal qualities and increase the immune system's disease-fighting natural killer cells.



20 Let's Call This Hot New Drug Moveova

When patients walk out of family medicine doc Bob Sallis's office, nearly every one is clutching a prescription. For exercise. "It's been proven to treat virtually everything that ails us: high blood pressure, depression, osteoarthritis, heart troubles, type 2 diabetes," he says. "It's time to start encouraging people to take advantage of this free medication." This year, Sallis worked with the US Surgeon General to release a Call to Action on Walking to make walking easier and safer in every community. Seems like an obvious step, but it's a necessary stride forward—and, as Sallis will tell you at the drop of a script pad, "as landmark as the 1964 Surgeon General's report advising us to stop smoking."

21

SNEAK PEEK

ONE DAY YOU'LL HAVE BROWN FAT GALORE



It's your body's metabolism-stoking secret: The more brown fat you have, the more calories you incinerate. Alas, you can't control how much you're born with. But scientists have identified a protein called UCP1, released when the body is under extreme stress, that appears to convert our regular fat into the valuable brown stuff. They're now working on a drug to induce the effect, minus the stress.

22

49%

That's how much rates of labiaplasties have increased in the past year. Yep, *labiaplasties*: The plastic surgery can repair symmetry of the inner labia after injury, which can happen in childbirth—or reduce their size for women who are bothered by it.

OPPOSITE PAGE: GRANT ORDELHEIDE/GALLERY STOCK. THIS PAGE: RIGLER CREATIVE



23

TURMERIC IS TRENDING FOR A REASON. OR THREE.

IT'S WIDELY RESEARCHED
Nearly 8,000 studies on the root or its powerful compound curcumin hint at its many benefits.

IT'S ALL-POWERFUL
Studies suggest it stabilizes blood sugar, eases pain, and cuts heart disease and cancer risk.

IT'S EASY TO GET
If you don't eat it every day, take one to three 500 mg capsules. Look for labels bearing the CL Seal of Approved Quality.

24

.001

You might be able to give up just one one-thousandth as much blood on future trips to the doc—no more syringes, no more parade of vials. Media darling health-tech company Theranos does its blood work using mere drops from your fingertip. Accuracy is still being ironed out; let's bloody well hope it works.



Amount of blood they say you'll need

25

A GOOD DOC IS NO LONGER HARD TO FIND

The million-phone-call search for a doctor who takes your insurance and has availability before next century keeps getting easier, as companies like BetterDoctor.com and ZocDoc.com busily expand toward every corner of the country. Pick a doc based on location, availability, insurance accepted, and—best part—rating. Click and you're booked.

FROM TOP: GENTL AND HYERS/OFFSET; LEVI BROWN/TRUNK ARCHIVE. KORIONOV/GETTY IMAGES. TURMERIC SOURCE: AJAY GOEL, PHD, DIRECTOR, CENTER FOR EPIGENETICS, CANCER PREVENTION, AND CANCER GENOMICS, BAYLOR UNIVERSITY MEDICAL CENTER

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If you're part of the 40% of us who hate choking down pills...

then please, a long slow clap for the new easy-to-swallow pill!

SAY GOOD-BYE TO THE GAG REFLEX These pills are much more porous, so they rapidly disintegrate with a sip of liquid, no matter how big the dose.

PERSONALIZE 'EM They're 3-D printed, allowing active and inactive ingredients to be laid down layer by layer. This makes it possible to custom-build a drug according to the exact dose you need, how quickly you want it to absorb, and how long you need it to stay in your system.

STAY TUNED In August, the FDA approved the first such pill, an epilepsy drug called levetiracetam (Spritam). The technology is still developing, but multiple companies are aiming to take it to a wider set of drugs in 2016.



An avalanche of new research shows weight loss surgery can put diabetes into remission. The hotly debated question: *Should everyone at risk help themselves?*

BY SARÍ HARRAR
PHOTOGRAPHS BY LEVI BROWN

At 297 pounds, Pam Adams had diabetes, high blood pressure, high cholesterol, and rheumatoid arthritis. She'd spent her life trying—and failing—to lose weight with all the usual methods: Weight Watchers, Atkins, Nutrisystem, you name it. None of them had worked for long. By the time she was 42, her body mass index was an astronomical 49, well into the "morbidly obese" category, and as a result she'd had eight ministrokes and a major stroke, making her go partially blind. She decided to try a type of weight loss surgery called gastric bypass.

Roughly 900 miles away, a few years later, a similar story was starting to



The latest gastric procedures alter the digestive system so that patients eat less and absorb carbs differently.

unfold for Jane Smith (who asked *Prevention* to change her last name). A big woman at 197 pounds, she nonetheless had a BMI of only 34, barely in the top quartile for Americans and not alarming to any doctor. But the 52-year-old pediatric nurse had just joined the estimated 28 million Americans diagnosed with type 2 diabetes. She too had been on every diet: "I never lost the baby weight after my pregnancies 20 years ago and was always yo-yoing," she says. Though she had no complications from her condition, Smith suspected that someday her health would deteriorate fast. "My numbers were getting worse," she says. So she chose weight loss surgery, too, in the form of a sleeve gastrectomy procedure (see p. 108).

Both decisions took guts. To put it bluntly, Americans aren't very nice about weight loss surgery, also known as gastric or bariatric surgery. We still largely view getting fat as a personal failing and surgery as a lazy way out for those too undisciplined to eat right and exercise. A 2013 statement by the American Medical Association noted a widespread perception among Americans that obesity is simply the result of bad habits, and not actually a medical issue.

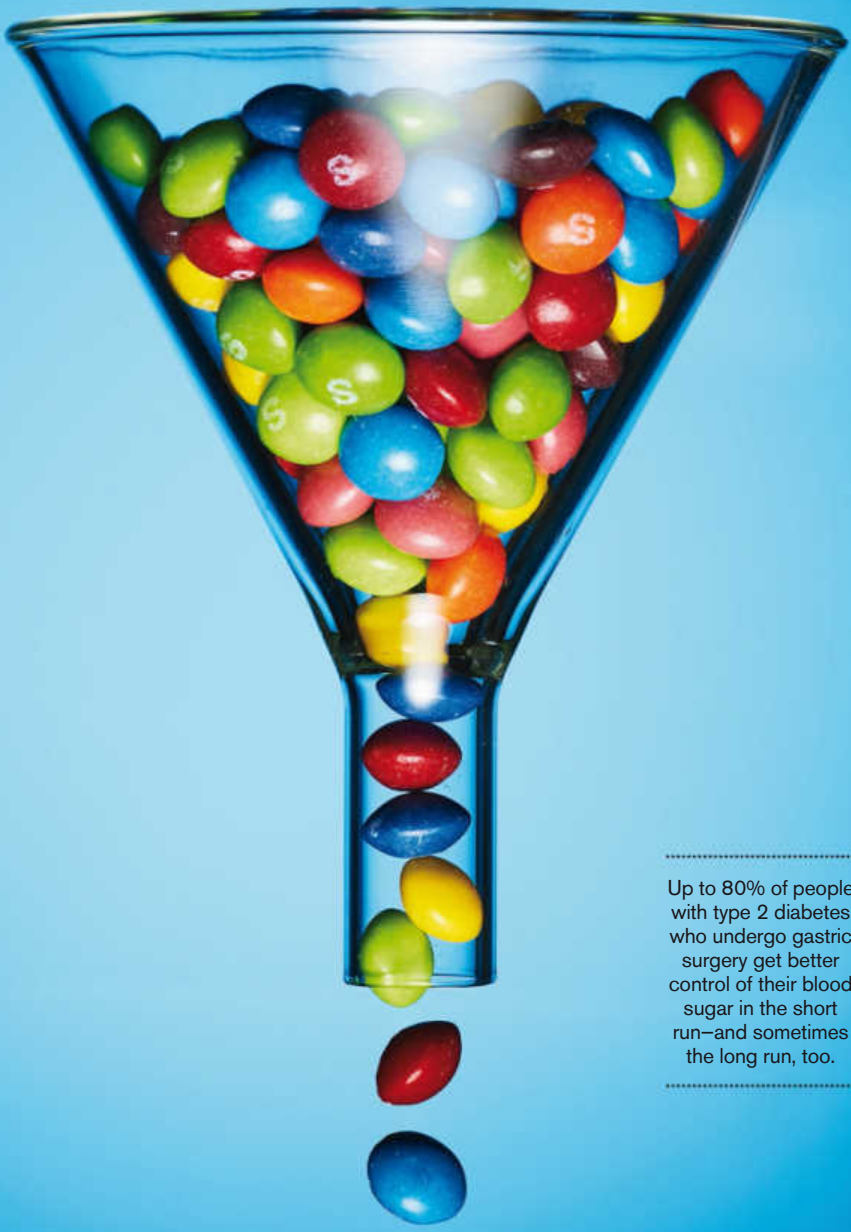
But it certainly is a medical issue, and these two stories frame a breakthrough approach to treating it more liberally with bariatric surgery—a variety of procedures that alter the stomach (and, in some cases, intestines) to facilitate weight loss. Nine years ago, Adams's request for surgery was denied, sending her health into a dark place from which she barely escaped. Hers is the cautionary tale of what can happen when patients aren't thrown (or don't grab) the life raft of surgery in time.

Smith's story, meanwhile, shows us the other side of the coin. Her unusual request for surgery, before her health was at the point where many doctors would say she needed it, was granted. And her success with it—success that has been reproduced in startling new research—throws open the window on a controversial future in which tens of millions of us would be candidates for gastric surgery, a future in which the nation's scandalously huge diabetes epidemic is mitigated by such an intervention. "The data is mind-boggling," says bariatric surgeon Mitchell S. Roslin, chief of obesity surgery at Lenox Hill Hospital in New York City. "Putting off surgery raises health risks. Surgery can put diabetes into remission, reverse high blood pressure and high cholesterol, and improve serious health problems like sleep apnea and joint pain. If there were a pill with all these benefits, everyone would want it."



Let's start with the millions of Americans who, medical experts now agree, qualify for the surgery: those who've tried seriously to lose weight for years but still have BMIs of 40 or higher. A 5'3" woman

STYLING BY ANGELA CAMPOS



Up to 80% of people with type 2 diabetes who undergo gastric surgery get better control of their blood sugar in the short run—and sometimes the long run, too.

who weighs 235 pounds would almost certainly fit that profile. Pam Adams fit that profile. Yet, shockingly, few like her are having the surgery. Of the 18 million Americans who qualify, only 180,000 a year go ahead with it. That's a paltry 1%, and research suggests a lot of people would benefit if that changed.

Adams was the classic patient in need, and at first, despite her steadily declining health and increasing weight, she didn't seek surgery. Many people are reluctant to; it's a major procedure with general anesthesia and can't be reversed, says Sangeeta Kashyap, an endocrinologist at Cleveland Clinic and an associate professor of medicine at the Cleveland Clinic Lerner College of Medicine. "Surgery is scary," she says. "It's natural to say, 'I'll try harder to lose weight on my own.'" Eventually, however, Adams recognized that her downward spiral was treacherous, and she tried for surgery. But back in 2006 the research wasn't as clear, and not all insurance companies recognized the benefits. Her request was denied. As a teacher, she couldn't afford the $24,000 bill on her own.

To be clear, even for those like Adams who are in dire health straits, surgery is neither risk-free nor a panacea. Approximately 17% of people experience complications, including infections, gastric leaking, and blood clots. For some doctors, that's enough to give them pause. And hard-core dieting and exercise are still lifelong nonnegotiables for surgery patients, as is taking supplements to ward off the inevitable malnutrition that comes with limited food intake. Several recent studies show that those who don't follow through see their health decline again over time.

> Smith's quest for surgery—before her health was at the point that many doctors would say she needed it—was a harbinger for all of us.

And yet it's evident that even patients who don't sustain all the positive effects do get some benefit overall. Gastric surgery helps up to 80% of people with diabetes gain better control of their blood sugar, per recent findings; a majority of them see positive health effects 5 to 6 years down the road. Surgery gives patients' bodies a jump-start, says Roslin. Among many reasons for this: Hunger hormones that might once have driven a ravenous diabetic to overeat are at a far lower level, since part of the stomach tissue responsible for producing those hormones has been removed (with some surgeries), so as patients begin



One variety of weight loss surgery, gastric banding, cinches the stomach, restricting the amount of food that can be comfortably eaten.

shedding pounds and eating less, they don't feel hungry—even though they're eating a fraction of their usual calories. Meanwhile, levels of a peptide called GLP-1, which triggers the release of blood sugar–controlling insulin, are about 20 times higher after meals postsurgery than they were before surgery, according to one 2013 review. Turning over the majority of the digestive duties to the small intestine—an inevitable result of shrinking the stomach's role—is thought to stimulate the release of GLP-1. Ongoing studies are attempting to tease out more of what's behind the dramatic changes patients undergo.

Without access to such alterations to her failing anatomy, Adams had no defense. Her weight climbed, and she became unable to work. Eventually she spent most of her days in bed. "I had nowhere to turn," she says. "I felt like a such a burden."

On a late spring evening in 2010, she and her husband, Gregg, had just come home from a dinner that Adams had organized for her parents' 50th anniversary and were sitting in the living room of their Florida home. Gregg began to tell his wife how proud he was of her and how much he loved her. He had no idea she intended to take a fistful of pills she'd

The Gastric Menu

The top three weight loss procedures in the US, in order of popularity:



Sleeve gastrectomy
surgically removes about 85% of the stomach, leaving a "sleeve" the size and shape of a banana. The small intestine stays intact.
Average cost: $19,000



Gastric bypass
involves two surgical steps: stapling the stomach to create a walnut-size pouch, then "bypassing" the upper section of the small intestine, where a large percentage of carbohydrates are absorbed. Average cost: $24,000



Gastric banding
uses an adjustable saline-filled band to cinch the stomach to restrict the amount of food that can be comfortably eaten.
Average cost: $15,000

set aside and go to bed for the last time. He happened at that moment to take her hands. "I don't know what I'd do without you," she remembers him saying. She excused herself and flushed the pills down the toilet. "Then I went into our bedroom and deleted my suicide note," she says. "I prayed to find a way to live."

On a friend's suggestion, she reapplied for coverage for gastric bypass. At the same time as acceptance of the surgery's efficacy had grown, Gregg's insurance coverage had changed, and this time she qualified. Adams had the procedure on Nov. 8, 2010, at the Sacred Heart Surgical Weight Loss Center in Pensacola, FL. Seven months after her surgery, she no longer needed diabetes treatment. She stopped her blood pressure and cholesterol meds. She's now down to 144 pounds and wears a size 12, goes for rides with her husband on their tandem bike for 20 miles at a time, and has kayaked Key West. Still, she has vision issues and residual balance problems from her ministrokes—all of which occurred after her insurance first denied coverage for surgery. "Gastric surgery saved my life," she says. "I only wish I could have helped myself before the irreversible damage was done."



voiding damage before it happens, before it's even a threat: That's the goal for doctors and scientists who would take bariatric surgery to a large number of the 30 million Americans with diabetes, patients far healthier than Pam Adams. This, of course, is viewed with alarm by many experts. Most still agree that if people can lose weight promptly and keep it off with a healthy lifestyle, that's the ideal worth holding out for. But many other experts—including but not limited to bariatric surgeons—have turned a corner. By kick-starting dramatic weight loss as soon as possible, they say, surgery addresses chronic conditions before the damage becomes permanent.

"Even if diabetes returns," says Roslin, even if a patient isn't able to maintain the surgery's effects with diet and exercise, "you've still lowered the risk of serious complications like lost eyesight, leg amputation, and heart disease."

By the time Jane Smith reached the conclusion that her health was going in the wrong direction, her doctor was one of those on board with the latest findings, and her insurance company green-lit a $19,000 sleeve gastrectomy procedure even though her BMI previously would have meant she didn't qualify and she'd been diagnosed with diabetes only one year before. On May 28, 2015, Smith had the surgery, which converts the stomach from a sizable pouch to a narrow sleeve. "I was in and out in 24 hours," she says. Just 13 days after surgery, she had lost 10 pounds, and her blood sugar numbers were in the healthy range.

Her results reflect the recent



After surgery, patients have to tread very carefully with portion size.

Life Postsurgery: Not a Piece of Cake

Here, some of the many requirements:

- ☐ In the first year, you're allowed 400 to 900 calories a day; your diet should be low in fat and sugar and very high in protein.
- ☐ Eat slowly and chew thoroughly; avoid rice, bread, raw vegetables and fruit, and tough meat (which can cause blockages).
- ☐ Sweets and high-fat foods can cause the cold sweats and nausea known as "dumping syndrome." Avoid them.
- ☐ No straws or carbonated drinks, no chewing gum or ice—they risk introducing too much air into your new, tiny stomach.
- ☐ Crush all pills completely; whole pills can't be absorbed.
- ☐ Staying hydrated is hard—and imperative; you have to drink about 2 liters of fluid a day.
- ☐ Avoid alcohol; you'll get drunk extremely quickly and are at especially high risk of alcoholism.

research that has truly rocked weight loss science. In the past few years, several studies have shown that people with type 2 diabetes who have surgery fare better than their counterparts who simply eat better and exercise to lose weight. In a study published this July, University of Pittsburgh researchers randomly assigned 61 obese women and men with type 2 diabetes to either join a lifestyle program of eating right and exercising or have the surgery before embarking on that plan. Of the study group, 43% had BMIs below 35. After 3 years, the surgery patients who had gastric bypass lost 25% of their body weight—an average of about 63 pounds for someone who weighs 250 (those who had opted for gastric banding lost 15%). Forty percent of the bypass patients had a partial or complete diabetes remission (two-thirds of them no longer needed their drugs), their blood pressure fell by as much as 13 points, and good-cholesterol levels rose 16 points. Meanwhile, people in the eat-right-and-exercise group lost 5.7% of their body weight—about 14 pounds for someone who weighs 250—and none could go off their diabetes drugs.

Lead researcher Anita P. Courcoulas, chief of minimally invasive bariatric and general surgery at the University of Pittsburgh Medical Center, concluded that for those with type 2 diabetes and BMIs

between 30 and 35, "gastric surgery is superior to lifestyle intervention treatment alone." And results last: A Cleveland Clinic study of 217 weight loss surgery patients with type 2 diabetes found that after 6 years, one in four was in complete remission, and another 26% had a partial remission. Blood pressure returned to normal levels for 62% of the group, and 72% of the patients saw their cholesterol levels reach healthy numbers.

Operating on someone very early in their diabetes history, a decision—like the one Smith and her doctor made—that provokes the most controversy, may yield especially good results. A study Kashyap coauthored, published in the *New England Journal of Medicine* last year, found that people who'd had diabetes for less than 8 years, and whose cases were mild enough not to require insulin, had the best remission rates.

"Not waiting for the outcome of lifestyle changes is a smart choice," Kashyap says. She's overseen surgery for patients whose BMIs were as moderate as 27—just 150 pounds for a 5'3" woman—since to her, the benefits of not waiting outweigh the risks of surgery.

Smith's diabetes is now in remission. If she can maintain it, she faces a future without the nightmares of chronic disease.



The happiest ending of a gastric surgery story is always the same: Somehow the procedure triggers a change of lifestyle that sticks, and the patient becomes a new person who eats differently and exercises more, forever. Interestingly, that's the very same happy ending as in all great tales of diet-and-exercise transformation. So which is more realistic and safe?

Endocrinologist Osama Hamdy, medical director of the Obesity Clinical Program at the Joslin Diabetes Center in Boston, remains opposed to the "surgery first" narrative. Hamdy's own research shows that a serious weight loss program, including a weight loss prescription drug if needed, also delivers diabetes control or even remission but is safe, he says, unlike surgery. His recent study compared 22 people on an intensive supervised weight loss program, which included weekly adjustments to weight loss drug doses, with 23 who had gastric band surgery. The study found that the surgery group lost a little more (29 pounds versus 18 pounds) and were a bit more likely to have

healthy blood sugar levels, but those small edges, he says, ignore the elephant in the room—that is, that they'd had major surgery.

"Weight loss surgery changes the anatomy of the digestive system," he says, citing deficiencies of B12, folic acid, and vitamin D; osteoporosis; and severe hypoglycemia as some of its nasty side effects. "This causes all sorts of problems." He also notes that 8% of the time, surgeons resort to opening up the patient instead of doing less-invasive laparoscopic surgery, pointing out that the blood clots that mar about 1.3% of surgeries can be deadly.

In Hamdy's view, many doctors believe that long-term weight loss is impossible without surgery—so they may talk with a patient with diabetes about weight, nutrition, and physical activity for a minute or less before discussing surgery or medications. "People think bariatric surgery is magic, and by this magic, diabetes will go out the window," he says. "But in general, in my opinion, it's overpromised, oversold, and overestimated—and the risk is underestimated."

But neither obesity nor diabetes is an easy enemy to toss aside. In even the most optimistic research comparing protocols, it's sobering to see that some subjects don't achieve healthy blood sugar levels despite losing weight—not even if they've had surgery, adopted a diet-and-exercise regimen, or taken medications. The complications that come with diabetes will be with them for the long haul.

Adams and Smith have more hopeful stories to tell. Five days after the procedure, when Adams got home from the hospital, she dove into a new way of living, starting with a liquid diet and a minimal exercise regimen. "At first I could barely walk, but I was determined to exercise," she says. "So I'd drag a chair to my mailbox every day, then walk up to it, sit and rest, then go back to the house over and over again. At the end of the day, I'd drag the chair back." Eventually, she could walk 7 miles on a familiar route through her neighborhood. "My neighbors saw my progress and started coming out, asking if they could walk with me," she recalls.

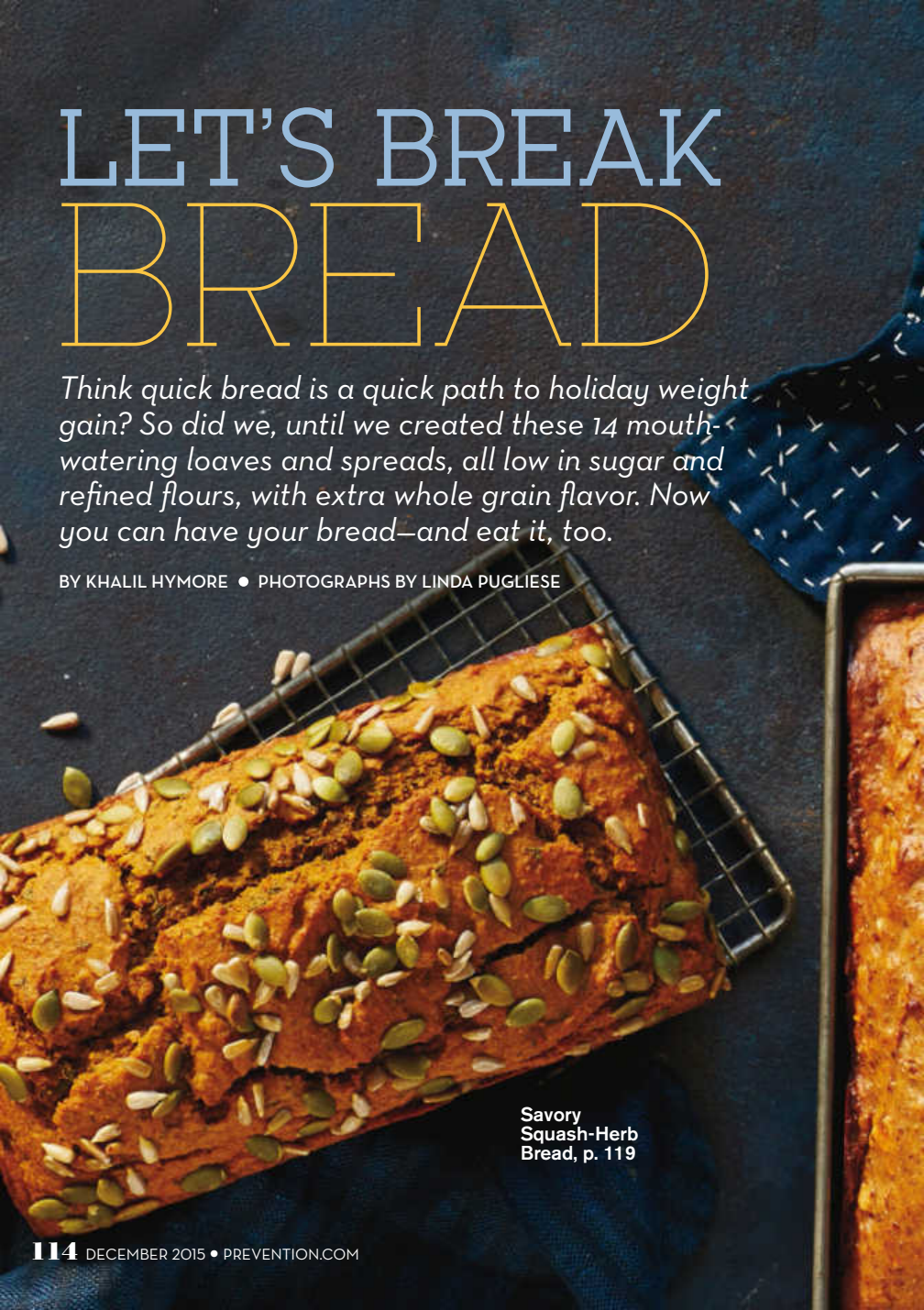
Meanwhile, Smith's diabetes is in remission. She is drug-free and eats carefully to maintain her advantage. She's been given a chance at a reset; if she can maintain the lifestyle now, she faces a future without chronic disease and all the nightmares that come with it.

She says she's heard over and over again how she should have turned to diet and exercise to manage her health. "I can tell you, I never had any trouble losing weight, but I couldn't keep it off," she says. And, she adds, it's not that the path she chose is much easier—it just comes with a greater likelihood of success. "I had to consciously make a lifelong decision to change the way I eat. And I know I did the right thing."

LET'S BREAK BREAD

Think quick bread is a quick path to holiday weight gain? So did we, until we created these 14 mouth-watering loaves and spreads, all low in sugar and refined flours, with extra whole grain flavor. Now you can have your bread—and eat it, too.

BY KHALIL HYMORE • PHOTOGRAPHS BY LINDA PUGLIESE



Savory Squash-Herb Bread, p. 119


Orange, Rosemary, and Cranberry Bread, p. 120
Peanut Butter–Banana Bread, p. 118

Blueberry-Chia Jam

In saucepan, heat 10 oz **frozen or fresh blueberries**, ¼ cup **honey**, ¼ cup **chia seeds**, 1 Tbsp **lemon juice**, and 1 tsp **lemon zest** over medium-high heat until boiling. Reduce heat; simmer until thick, about 12 minutes. Transfer to bowl. Cool completely, stirring occasionally.

Gluten-Free Muesli Bread

SERVES 10
PREP TIME: 10 minutes
TOTAL TIME: 50 minutes

- 1 c gluten-free all-purpose flour
- 1 c almond flour
- 1 c + 2 Tbsp whole rolled oats
- ¼ c sugar
- ¼ c ground flaxseed
- 1 Tbsp baking powder
- ½ tsp kosher salt
- ½ tsp cinnamon
- 4 lg eggs, beaten
- ½ c milk
- ½ c vegetable oil
- 1 tsp almond extract
- ⅓ c each raisins, raw pepitas, chopped dried apricots, and chopped raw almonds

1. Heat oven to 350°F. Lightly coat 8" x 8" baking dish with cooking spray.
2. In large bowl, whisk flours, 1 cup of the oats, sugar, flaxseed, baking powder, salt, and cinnamon. In medium bowl, stir eggs, milk, oil, and almond extract until combined. Gently pour into flour mixture. Fold in raisins, pepitas, apricots, and almonds. Pour in pan, sprinkle with remaining 2 Tbsp oats, and bake until wooden pick inserted in center comes out clean, about 30 minutes. Remove from oven; cool.
All breads can be served immediately or wrapped and stored up to 1 week.

NUTRITION (per serving)
313 cal, 9 g pro, 27 g carb, 4 g fiber, 10 g sugars, 20.5 g fat, 2 g sat fat, 260 mg sodium

Find nutrition info for all spreads online at *prevention.com/breads-spreads.*





Chocolate-Beet Bread

SERVES 16
PREP TIME: 15 minutes
TOTAL TIME: 1 hour 5 minutes

1½ c + 2 Tbsp all-purpose flour
1½ c whole wheat flour
1 c unsweetened cocoa powder
¾ c sugar
2½ tsp baking powder
½ tsp kosher salt
½ tsp nutmeg
2 pkg (8.8 oz each) cooked beets (we like Love Beets)
1 c buttermilk
3 lg eggs
½ c olive oil
2 Tbsp orange zest
1 Tbsp vanilla extract
1 c dark chocolate chips

1. Heat oven to 350°F. Lightly coat Bundt pan with cooking spray.
2. In large bowl, whisk flours (except 2 Tbsp all-purpose), cocoa, sugar, baking powder, salt, and nutmeg. In food processor, puree beets until smooth. Transfer 2 cups puree to medium bowl. Stir in buttermilk, eggs, oil, zest, and vanilla. Gently pour into flour mixture. Toss chocolate chips with 2 Tbsp flour and fold into batter. Pour into pan. Bake until wooden pick inserted in center comes out clean, about 50 minutes. Remove from oven; cool.

NUTRITION (per serving) 299 cal, 7 g pro, 42 g carb, 5 g fiber, 18 g sugars, 14 g fat, 5 g sat fat, 192 mg sodium

Raspberry–Cream-Cheese Spread

In bowl of food processor, blend 6 oz **reduced-fat cream cheese (Neufchâtel)**, ¼ cup **frozen and thawed raspberries**, 4 tsp **maple syrup**, and 1 tsp **vanilla extract** until smooth.

FOOD STYLING BY KHALIL HYMORE; PROP STYLING BY CARLA GONZALEZ-HART



Peanut Butter–Banana Bread

SERVES 10
PREP TIME: 10 minutes
TOTAL TIME: 50 minutes

1½ c all-purpose flour
½ c ground flaxseed
1 tsp baking powder
½ tsp kosher salt
1 c mashed ripe banana (2–3 bananas)
⅓ c peanut butter
⅓ c honey
2 lg eggs
¼ c vanilla kefir
2 Tbsp vegetable oil
¾ c chopped unsalted roasted peanuts

1. Heat oven to 350°F. Lightly coat 9" x 5" loaf pan with cooking spray.
2. In large bowl, whisk flour, flaxseed, baking powder, and salt. In medium bowl, stir banana, peanut butter, honey, eggs, kefir, and oil until combined. Gently pour into flour mixture. Fold in peanuts. Pour into pan. Bake until wooden pick inserted in center comes out clean, about 40 minutes.
3. Remove from oven; cool 20 minutes. Remove from pan; cool completely.

NUTRITION (per serving)
311 cal, 9 g pro, 35 g carb, 4 g fiber, 13 g sugars, 16 g fat, 2 g sat fat, 197 mg sodium

Honey-Cinnamon Butter

In bowl, stir 1 stick (½ cup) **room-temperature unsalted butter**, 2 Tbsp **honey**, 2 tsp **cinnamon**, and ¼ tsp **kosher salt**.

Savory Squash-Herb Bread

SERVES 10
PREP TIME: 10 minutes
TOTAL TIME: 50 minutes

- 1 c whole wheat flour
- ¾ c all-purpose flour
- ½ c wheat germ
- 2 Tbsp sugar
- 1 tsp baking soda
- ½ tsp baking powder
- ½ tsp kosher salt
- ½ tsp allspice
- ¼ tsp cayenne
- 1¼ c pumpkin or winter squash puree (We like Birds Eye cooked winter squash)
- ½ c buttermilk
- ⅓ c olive oil
- 2 lg eggs
- ¼ c chopped fresh sage
- 2 Tbsp chopped fresh thyme
- 1 Tbsp raw pepitas
- 1 Tbsp raw sunflower seeds (optional)

1. Heat oven to 350°F. Lightly coat 9" x 5" loaf pan with cooking spray.
2. In large bowl, whisk flours, wheat germ, sugar, baking soda, baking powder, salt, and spices. In medium bowl, stir squash, buttermilk, oil, eggs, and herbs until combined. Gently pour into flour mixture. Pour into pan; sprinkle with pepitas and sunflower seeds, if using. Bake until wooden pick inserted in center comes out clean, about 40 minutes.
3. Remove from oven; cool 20 minutes. Remove from pan; cool completely.

NUTRITION (per serving) 214 cal, 7 g pro, 27 g carb, 3 g fiber, 6 g sugars, 9.5 g fat, 1.5 g sat fat, 276 mg sodium

Shallot–Goat-Cheese Spread

In bowl of electric mixer, whip 4 oz **crumbled goat cheese**; 2 oz **reduced-fat cream cheese (Neufchâtel)**; 2 Tbsp **buttermilk**; ½ **shallot, finely diced**; 2 Tbsp **chopped fresh parsley**; 2 tsp **lemon zest**; and ½ tsp each **kosher salt** and **black pepper** until smooth and fluffy.





Orange, Rosemary, and Cranberry Bread

SERVES 10
PREP TIME: 10 minutes
TOTAL TIME: 1 hour 15 minutes

2½ c all-purpose flour
⅔ c sugar
1½ tsp chopped rosemary
1 tsp baking powder
½ tsp baking soda
½ tsp kosher salt
3 lg eggs, beaten
½ c olive oil
½ c fat-free plain yogurt (not Greek)
6 Tbsp orange juice
1 Tbsp orange zest
1 tsp vanilla extract
1 c fresh or frozen cranberries

1. Heat oven to 350°F. Lightly coat 9" x 5" loaf pan with cooking spray. **2.** In large bowl, whisk flour, sugar, rosemary, baking powder, baking soda, and salt. In medium bowl, stir eggs, oil, yogurt, juice, zest, and vanilla until combined. Gently pour into flour mixture. Fold in cranberries. Pour into pan. Bake until wooden pick inserted in center comes out clean, about 55 minutes. **3.** Remove from oven; cool 20 minutes. Remove from pan; cool completely.

NUTRITION (per serving) 298 cal, 6 g pro, 41 g carb, 1 g fiber, 15 g sugars, 12.5 g fat, 2 g sat fat, 237 mg sodium

Whipped Cream-Cheese Spread

In bowl of food processor, whip ½ cup **fat-free plain yogurt**, 3 oz **reduced-fat cream cheese (Neufchâtel)**, 1 Tbsp **honey**, and ¼ tsp **kosher salt** until smooth and creamy.



Carrot, Pistachio, and Coconut Bread

SERVES 12
PREP TIME: 10 minutes
TOTAL TIME: 40 minutes

¾ c all-purpose flour
¾ c whole wheat flour
1¼ tsp cardamom
1 tsp baking powder
½ tsp baking soda
½ tsp pumpkin pie spice
½ tsp black pepper
¼ tsp kosher salt
½ c coconut oil, melted
⅓ c honey
3 lg eggs
¼ c buttermilk
1½ c grated carrots (about 3 med)
½ c chopped pistachios
½ c unsweetened coconut flakes

1. Heat oven to 350°F. Lightly coat 8" springform pan with cooking spray.
2. In large bowl, whisk first 8 ingredients. In medium bowl, stir oil, honey, eggs, and buttermilk until combined. Gently pour into flour mixture. Fold in carrots, pistachios, and coconut. Pour into pan. Bake until wooden pick inserted in center comes out clean, about 30 minutes.
3. Remove from oven; cool 20 minutes. Remove from pan; cool completely.

NUTRITION (per serving) 238 cal, 5 g pro, 23 g carb, 3 g fiber, 9 g sugars, 15 g fat, 10.5 g sat fat, 168 mg sodium

Orange Cream-Cheese and Yogurt Spread

In bowl of electric mixer, whip 4 oz **reduced-fat cream cheese (Neufchâtel)**, 3 Tbsp **fat-free Greek yogurt**, 2 Tbsp **orange juice**, 1 Tbsp **orange zest**, and 2 tsp **honey**.

Cheesy Cornbread with Collard Greens

SERVES 12
PREP TIME: 10 minutes
TOTAL TIME: 30 minutes

½ c + 1 Tbsp coconut oil, melted
12 oz collard greens, stemmed and chopped
1½ c yellow or white cornmeal
1 c whole wheat flour
1½ tsp baking powder
½ tsp kosher salt
½ tsp black pepper
1 c buttermilk
3 lg eggs
¼ c maple syrup
4 oz low-fat Cheddar, grated

1. Heat oven to 350°F. Heat 1 Tbsp of the oil in cast-iron skillet. Sauté greens until wilted and tender, about 10 minutes. Transfer to plate.
2. In large bowl, whisk cornmeal, flour, baking powder, salt, and pepper. In medium bowl, combine buttermilk, remaining ½ cup oil, eggs, and syrup. Pour into flour mixture. Fold in greens and cheese.
3. Pour mixture into skillet, smooth with spatula, and bake until wooden pick inserted in center comes out clean, about 20 minutes. Remove from oven; cool.

NUTRITION (per serving)
247 cal, 8 g pro, 26 g carb, 3 g fiber, 6 g sugars, 13 g fat, 10 g sat fat, 271 mg sodium

Pepper and Scallion Hummus Spread

In bowl of food processor, blend 6 **hot Peppadews**, ½ cup **hummus**, 2 **scallions**, and 1 tsp **Dijon mustard** until smooth.

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Nutrisystem D is a portion-controlled, low-fat, reduced-calorie comprehensive plan designed to help people with type 2 diabetes achieve meaningful weight loss. It does not treat or cure diabetes, and is not a substitute for diabetes medications. Your physician may need to reduce your medications due to changes in your diet or weight while on this plan. Consult your physician before starting this or any other diet plan.

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$10.00 from the sale of each ticket to the R3 Prevention Summit will be donated to Stand Up To Cancer from September 22, 2015 through January 16, 2016 up to $10,000. Stand Up To Cancer is a program of the Entertainment Industry Foundation (EIF), a 501(c)(3) charitable organization. EXCLUDES RESIDENTS OF AL, HI, IL, MA, SC and where prohibited by law.

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Don't Wreck the Halls

With a little help, your furry friend won't turn the season of joy into *oy*.

BY KAREN ASP

Holidays can be "ruff" on everyone. Here's how to make them a bit merrier.



PHOTOGRAPH BY STUDIO FIRMA/STOCKSY. ILLUSTRATION BY JESSICA KUSUMA

IF YOU PURCHASED CERTAIN KASHI PRODUCTS YOU MAY BE PART OF A CLASS ACTION SETTLEMENT

PARA UNA NOTIFICACIÓN EN ESPAÑOL, LLAMAR O VISITAR allnaturalsettlement.com

If you purchased certain Kashi products between May 3, 2008 and September 4, 2015 and are not a California resident, you may be part of a class action settlement. Your legal rights may be affected by a settlement and you may be entitled to a cash refund of up to $27.50 without proof of purchase or for the full cost of your purchase if you have proof of purchase. The amount you ultimately receive may increase or decrease depending on the number of valid claims. This notice is only a summary. For more complete information, and a list of all products covered by this settlement, please read the full notice by visiting allnaturalsettlement.com, by writing to the address at the bottom of this notice, or by calling toll free (877) 342-0808.

WHAT ARE MY LEGAL RIGHTS

If you wish to remain a member of the class, you do not have to do anything. To receive a refund from the class action settlement, you must file a claim. If you remain a member of the class and the Court approves the proposed settlement, you will be bound by all of the Court's orders. Thereafter class members will not be able to make any further claims against Kashi for the products covered by the settlement. If you remain a member of the class you may object to the terms of the settlement by December 28, 2015.

If you wish to submit a claim, visit allnaturalsettlement.com and follow the instructions. All claims must be submitted online or postmarked no later than January 19, 2016.

If you do not wish to remain a member of the class, you must submit a letter to the settlement administrator at the address below postmarked by December 28, 2015. If you request to be excluded from the settlement class, you cannot object or submit a claim form.

KASHI SETTLEMENT
C/O CLAIMS ADMINISTRATOR
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WEST PALM BEACH, FL 33402



Call me Scrooge, but I haven't had a Christmas tree in years, thanks to my fur kids. From the broken ornaments to swallowed pine needles, pets made having a tree less than jolly. But holidays with your furry friend don't have to be a headache. Here's how to save your sanity—and a trip to the ER.

1 SKIP THE BLAZING YULE. Decorations are enticing. Prevent catastrophes by nixing glass ornaments and tinsel and by spritzing the tree with a pet-safe repellent like **Grannick's Bitter Apple Spray** ($10–$15). Keep lighted candles out of paws' reach, too.

2 PREPARE THEM ROOM. Pets crave breaks from holiday chaos. Establish a safe zone for them to escape from the

PHOTOGRAPH BY LAURA THOMAS PHOTOGRAPHY/GETTY IMAGES.
ILLUSTRATION BY JESSICA KUSUMA

celebrations, says Jessica Vogelsang, a San Diego–based veterinarian.

3 TAG YOUR PETS, TOO. Guests often (accidentally) leave doors open, turning pets into escape artists. Prepare for the worst by making sure ID tags are legible and current, and consider having your pet microchipped, says Vogelsang.

4 CAROL QUIETLY. Loud sounds can stress your pets, says Roger Mugford, a UK-based animal psychologist. Electronics—like your food processor or children's toys—are top offenders, so try to minimize noise.

5 NIX THE FIGGY PUDDING. People food can be unhealthy and toxic for pets, says Vogelsang. If friends want to give your pal a snack, have treats on hand that are delicious for both two-legged and four-legged partyers (think carrots).

6 CARVE OUT BONDING TIME. Pets' needs can go unnoticed during celebrations, but ignoring them could lead to behavioral issues like destructive chewing, Mugford says. Schedule daily time together to keep them satisfied.

Do I miss the tree? Nope. It's one less stressor (and our other awesome decorations make up for it). For those who think I'm a holiday wet blanket? Bah, humbug!





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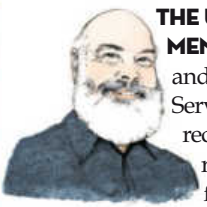
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THE INTEGRATIVE MD ON...

With the recent cut to fluoride in water, are my teeth still safe?





THE US DEPARTMENT of Health and Human Services recently recommended reducing fluoride in drinking water because many children now receive fluoride in toothpaste and dental treatments. The new level preserves fluoride's cavity-protecting effect in kids while cutting the risk of overexposure, which can result in stained teeth. Adults are not at risk of this staining and benefit only from topical fluoride, not from systemic exposure through drinking.

Water fluoridation is controversial at any level. Some see it as compulsory mass medication; others say it causes neurological problems and cancer. I believe most fluoride health hazards are exaggerated. Toxic doses are rare, and concerns about lower levels of exposure are based on flawed research.

ANDREW WEIL, MD, is founder and director of the Arizona Center for Integrative Medicine and a clinical professor of medicine at the University of Arizona. Send your questions for Dr. Weil to ***askdrweil@prevention.com***.

PHOTOGRAPH BY MOLLY CRANNA/OFFSET. ILLUSTRATION BY LAUREN NASSEF

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Get your doctor's approval before beginning any exercise or dietary program.

WOMEN OWNED

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Tom Pogash, EVP/CFO 9/26/2015

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A CLEANER, LEANER START

Has life recently been a blur of holiday stress, sugar cookies, and cocktails? Start the morning right with this protein-packed, low-sugar shake from smoothie maven Marygrace Taylor. It will jump-start your metabolism and keep you feeling full for hours.

Lose up to 15 pounds in 3 weeks with this recipe and others, all part of the new e-course EAT CLEAN TO GET LEAN. Find it at eatcleancourse.com.

PEAR-ALMOND SMOOTHIE

SERVES 1

Place 1 cup **fat-free milk**, 1 cup **baby spinach**, 1 sm **chopped pear**, 1 scoop **whey protein powder** (we like Reserveage Organics Grass-Fed Vanilla), and 2 tsp **almond butter** in blender and puree until smooth.

NUTRITION (per serving) 352 cal, 32 g pro, 45 g carb, 8 g fiber, 29 g sugars, 7.5 g fat, 2 g sat fat, 212 mg sodium

PHOTOGRAPH BY PHILIP FICKS; FOOD STYLING BY KHALIL HYMORE; PROP STYLING BY CARLA GONZALEZ-HART. ILLUSTRATION BY LAUREN NASSEF



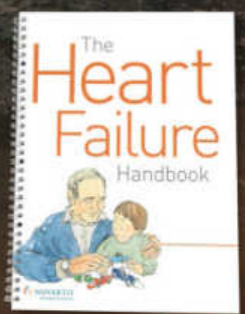
MARYGRACE TAYLOR is a writer and recipe developer for *Prevention*, *Men's Health*, *EatClean.com*, and other Rodale titles. She developed the breakfast recipes for Rodale U's 21-day Eat Clean to Get Lean e-course and enjoyed eating (and drinking) every one of them.



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